# కీళ్ళ వ్యాధులు నివారణా మార్గాలు

డా. శ్రీనివాస్ బైరి

BNYS(UHS), M.SC.(YOGA), PGDPO(HERBAL), M.S.
(PSYCHOTHERAPHY)

http://www.manthena.org

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# Dr. Manthena

**Dr. Manthena,**

The wandering monk

of natural life style

and Preserver of

Health and Happiness,

among People who is a

friend, philosopher

and guide to me.

And I dedicate this book to him

and his better half **Dr. Vishala.**

**- Dr. Srinivas Bairy**

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[illegible]. 1992 [illegible] 1997 [illegible].

[illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] "[illegible] [illegible] [illegible] [illegible] [illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 20 [illegible] [illegible] 10 [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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**4)** [illegible] 206 [illegible] 660 [illegible] (co-ordination) [illegible]

[illegible] (Muscle catch), [illegible] (Muscle spasma) [illegible] 70-80 [illegible] 5 [illegible] 7,200 [illegible] (5 [illegible] x 60 [illegible] x 24 [illegible] = 7200 [illegible]) [illegible]

(combined form)

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[illegible]

[illegible]

**1) [illegible]:** [illegible]

[illegible]

**2)** [illegible]

[illegible] vital organs [illegible] vital oragans [illegible].

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- [illegible], [illegible] - [illegible]
- [illegible] '[illegible]' - [illegible]
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- [illegible] - [illegible]
- [illegible] - [illegible]

**[illegible]?**

[illegible] 206 [illegible]. [illegible]. [illegible]. [illegible] 2 [illegible].

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**2) [illegible]:** [illegible]:- [illegible]. [illegible]. [illegible]. [illegible]. [illegible]. [illegible]. [illegible]. [illegible]. [illegible]. [illegible]. [illegible]. [illegible].

[illegible] 4 [illegible].

**1. [illegible] (Ball and socket joint)**

[illegible]. [illegible] (head) [illegible]. [illegible].

[illegible]: [illegible], [illegible].

**2) [illegible] (Pivot joint)**

[illegible]

**3) [illegible] (Hinge Joint):**

[illegible]

**4) [illegible] (Gliding Joint):**

[illegible]

[illegible]

[illegible] (Joints) [illegible] 12-16 [illegible]

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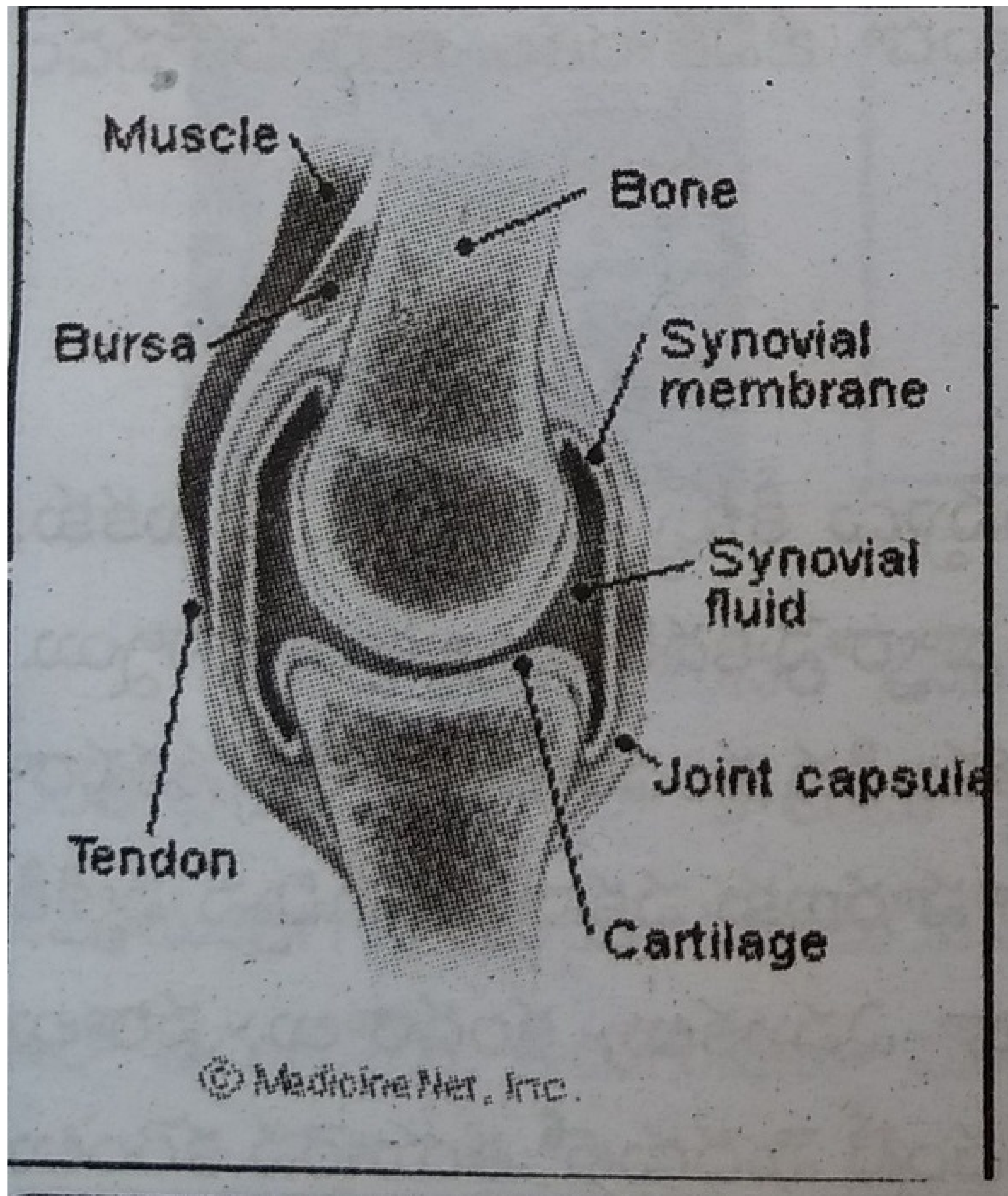
(Synovial fluid)

(Hyaloranic acid)

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Muscle
Bone
Bursa
Synovial
membrane
Synovial
fluid
Tendon
Joint capsul
Cartilage
© MedicineNet, Inc.

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Quadriceps muscle
Hamstring muscles
©MMG 2001

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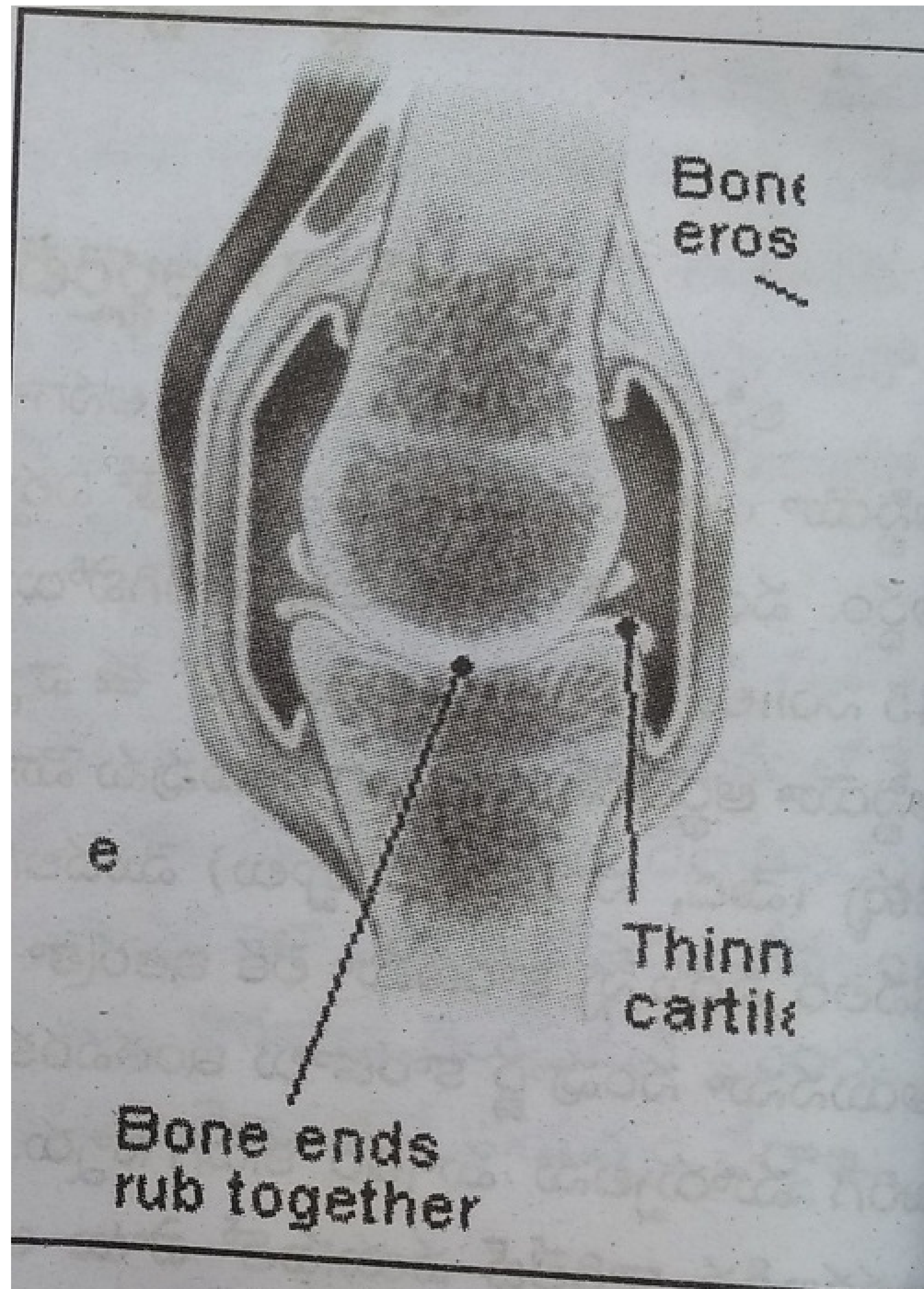
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# 1. [illegible]
# (Osteo Arthritis)

[illegible] (Inflammation). [illegible] 45 [illegible] ([illegible]) [illegible]

[illegible] (Wear & tear) [illegible] (pits) [illegible] 1) [illegible] 2) [illegible] 3) [illegible]

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Bon
eros
e
Thinn
cartil
Bone ends
rub together

(action)

[illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] 30 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 60 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 30 [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]

(Pre mature oldage) 50

20

60

30

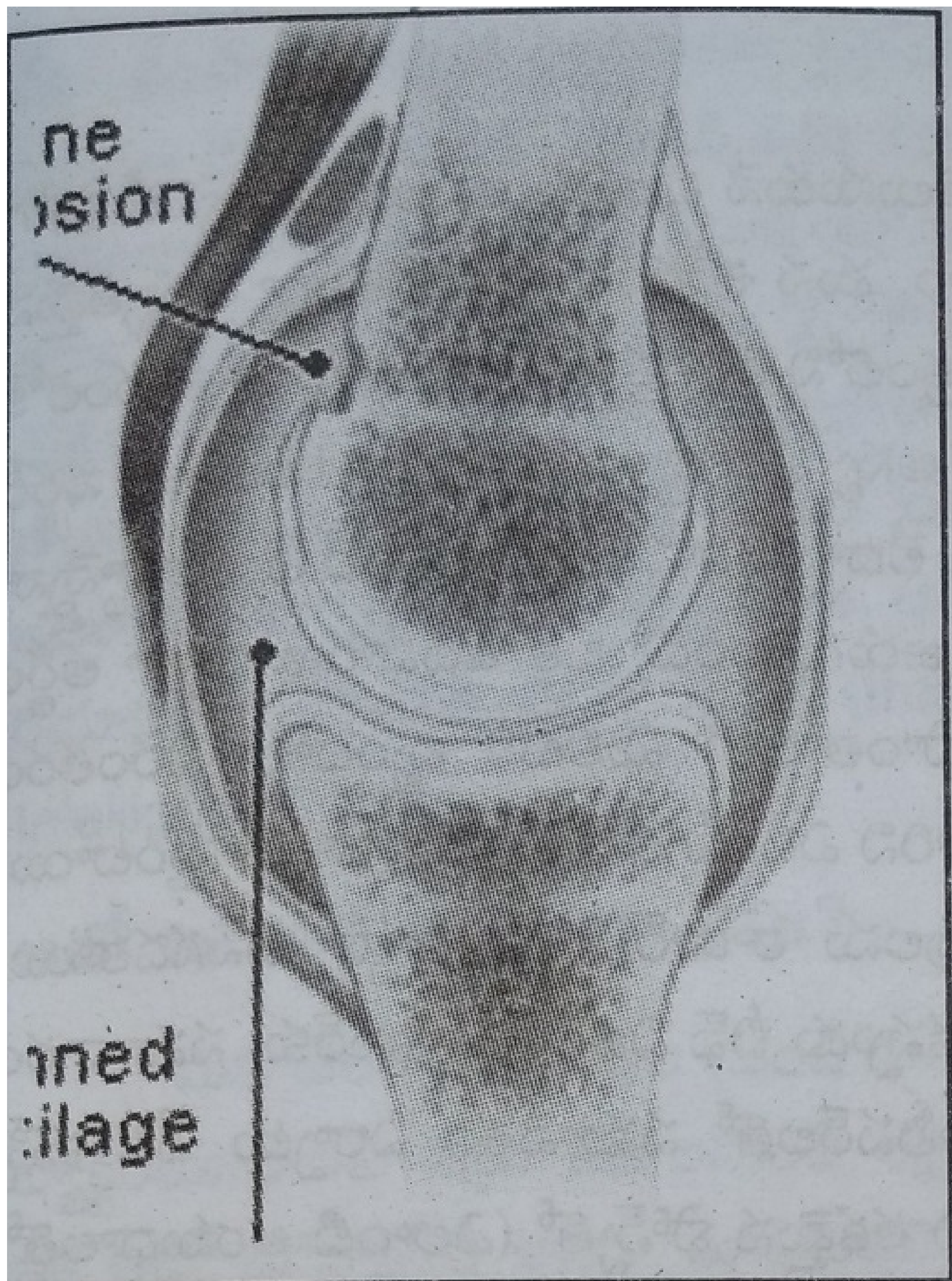
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# 2. [illegible] (Rheumatold Arthritis)




[illegible] 2 [illegible]
[illegible] (Inflammation), [illegible]. [illegible]
[illegible]. [illegible]

[illegible] 3,4 [illegible] 3-4 [illegible] (defomaties) [illegible].

(WBC)

(Foreign bodies),

[illegible] (Inflammation) [illegible] (Intelligence) [illegible] Intelligence [illegible].

**[illegible]?**

Figure 3

[illegible]

[illegible] (defomity) [illegible]

[illegible]

[illegible]

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**[illegible]?**

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(Kyphosis)

(Lardosis)

(Scoliosis)

[illegible]. The health of an individual depends on the felxibility of the spine.

# 4. [illegible]

**[illegible] (Fibromyalgia)**

[illegible] (Life style) [illegible]

[illegible]

**[illegible] (Chronic Fatigue Syndrome):**

[illegible] 4 [illegible]

# 5. [illegible]

[illegible]

[illegible]

[illegible] 33 [illegible]. 5 [illegible].

[illegible] (Cervical Vertibra) 7 [illegible]

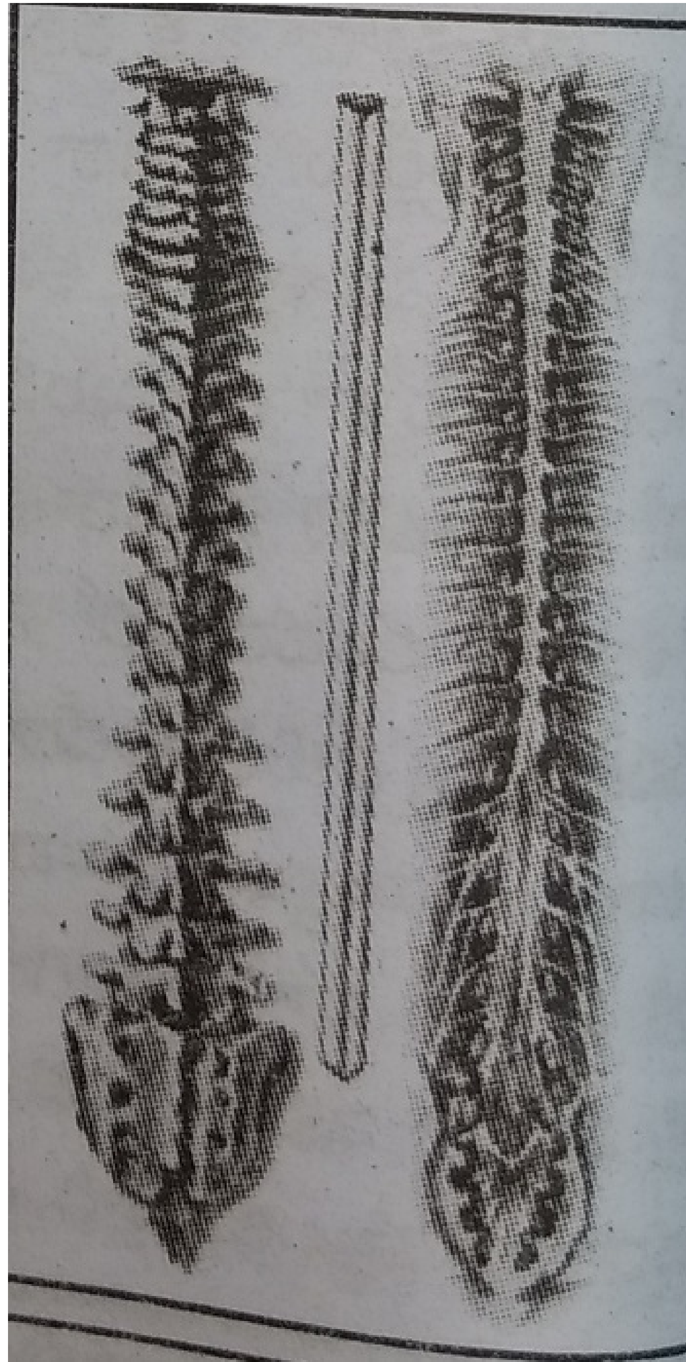
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[illegible] (Lumbar Vertibra) 5 [illegible]

[illegible] [illegible] (Sacral Vertibra) 5 [illegible]

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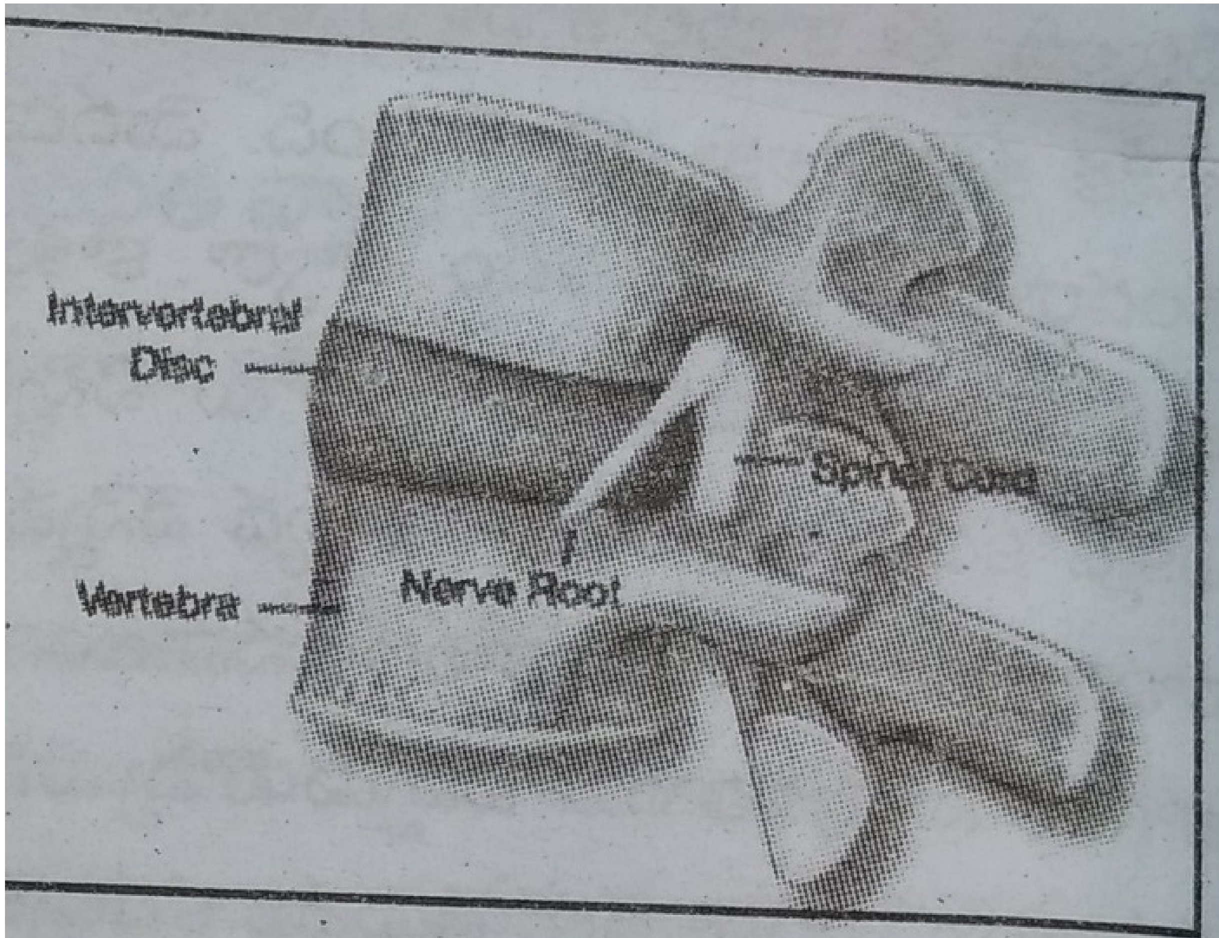
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(Spinal nerves)

(Cervical Spondilosis)


Intervertebral
Disc
Spinal Cord
Nerve Root
Vertebra

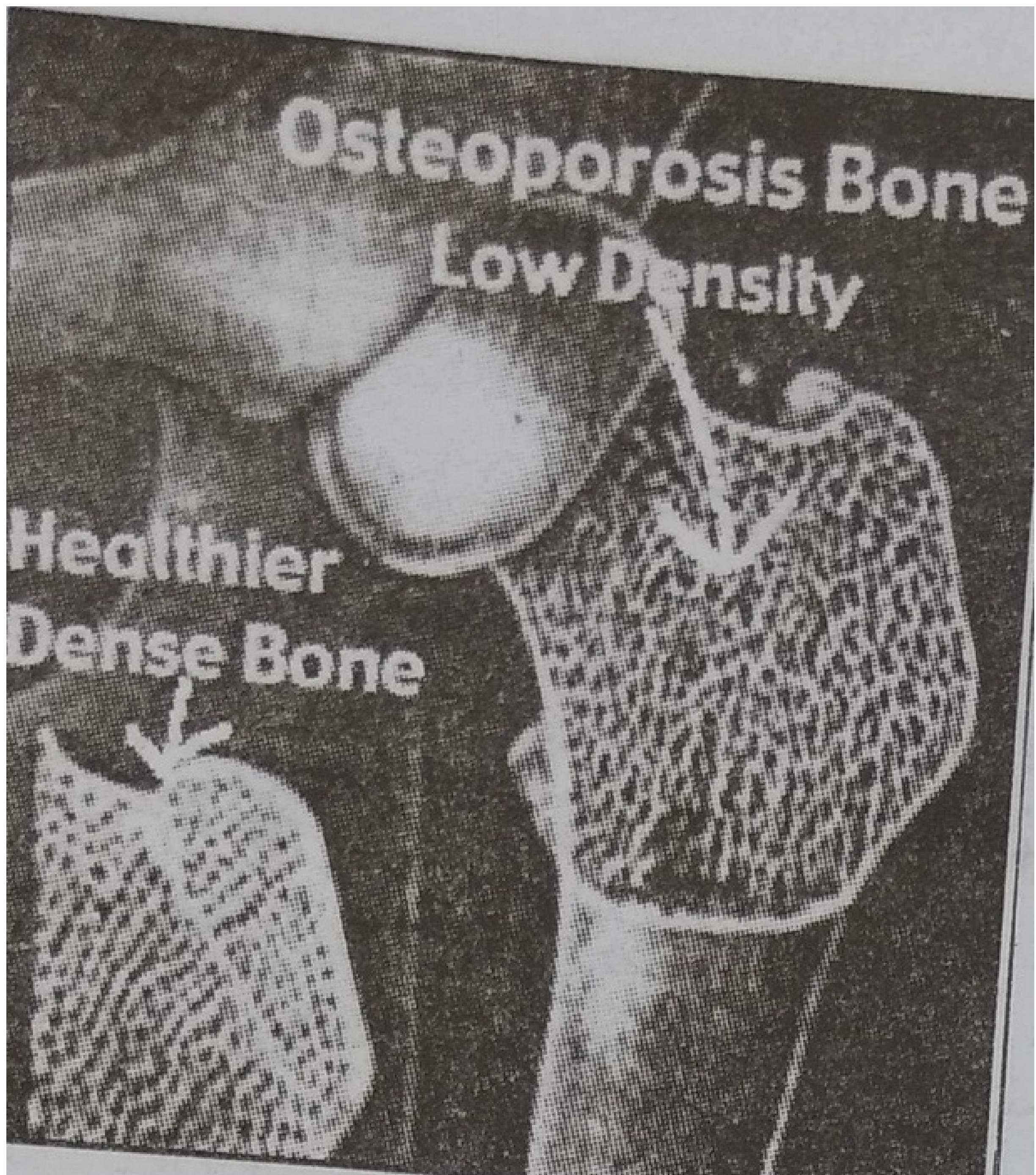
(Lumbar Spondilosis)

(Flexibility)

# 6. [illegible]

[illegible]

[illegible]



Osteoporosis Bone
Low Density
Healthier
Dense Bone

[illegible] (pits) [illegible]

2) [illegible] 45 [illegible]

3) [illegible] 2.2 ppm [illegible]

# (Rickets)



# 7. [illegible]

[illegible] (connective tissue) [illegible] **1.** [illegible] **2.** [illegible]**,** **3.** [illegible]

[illegible]**:** [illegible]

# 4. [illegible] [illegible] - [illegible]

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# 1. [illegible]

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# 2. [illegible], [illegible] [illegible] [illegible]

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35, 45

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# 3. [illegible], [illegible] [illegible] [illegible]

[illegible]

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[illegible] [illegible] [illegible] [illegible] [illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible], [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] (Machines) [illegible] 2 [illegible] 100%

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(Moderate)

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pH 7-8

(Acidity)

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[illegible] [illegible] [illegible]. 1. [illegible] 2. [illegible].

**1. [illegible]**

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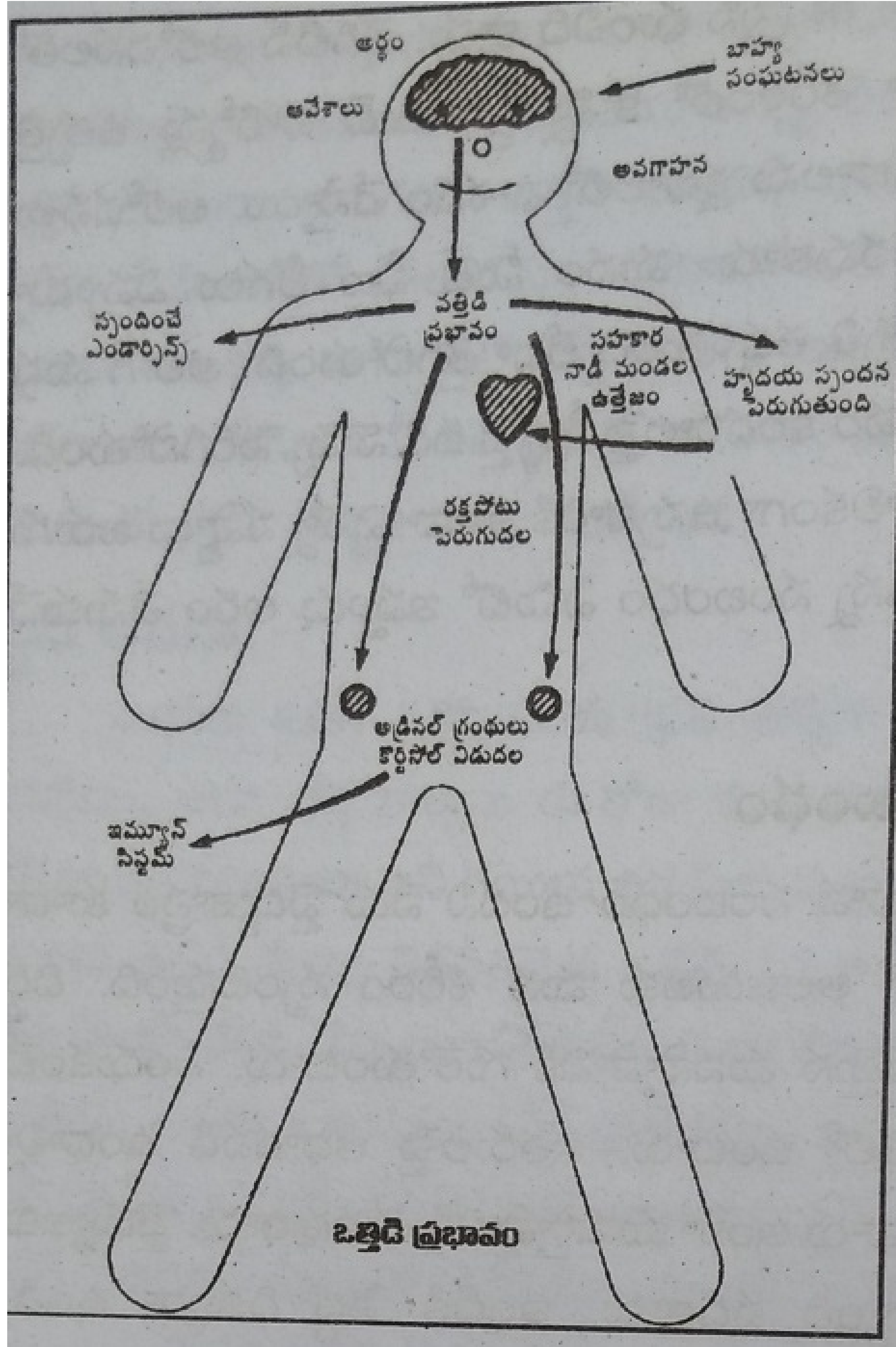
## 2. [illegible]

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బాహ్య సంఘటనలు
ఆవేశాలు
అవగాహన
వత్తిడి ప్రభావం
స్పందించే ఎండార్ఫిన్స్
సహకార నాడీ మండల ఉత్తేజం
హృదయ స్పందన పెరుగుతుంది
రక్తపోటు పెరుగుదల
అడ్రినల్ గ్రంథులు కార్టిసోల్ విడుదల
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[illegible] [illegible] [illegible] 50% [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]

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(Acute disease)

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] ([illegible] [illegible]) [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]! [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]! [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] "[illegible] [illegible] [illegible] [illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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1. [illegible]. (Eliminative process)

2. [illegible]. (Soothening process)

3. [illegible]. (constructive process)

[illegible]

[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible]? [illegible] [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible] [illegible].

# 1. [illegible] [illegible] [illegible]...

[illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible]. [illegible] [illegible]. [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]

(eco-friendly)

[illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]! [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]!

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible].[illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

(side effects)

5-10

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

# 2. [illegible] (Moderate)[illegible]

[illegible]

[illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

# 3. [illegible]

1. [illegible] 2. [illegible] ([illegible]) 3. [illegible].

**1.** [illegible]**:** [illegible], [illegible]. [illegible]. [illegible] (loose) [illegible]. [illegible] (Loosening exercise) [illegible]. [illegible]. [illegible], [illegible]! [illegible].

[illegible]. [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible]. [illegible]. [illegible].

[illegible]. [illegible].

1. [illegible] (Ankle rotation)

2. [illegible] (Knee rotation)

3. [illegible] (Half butterfly)

4. [illegible] (Full butterfly)

5. [illegible] (Wrist joint rotation)

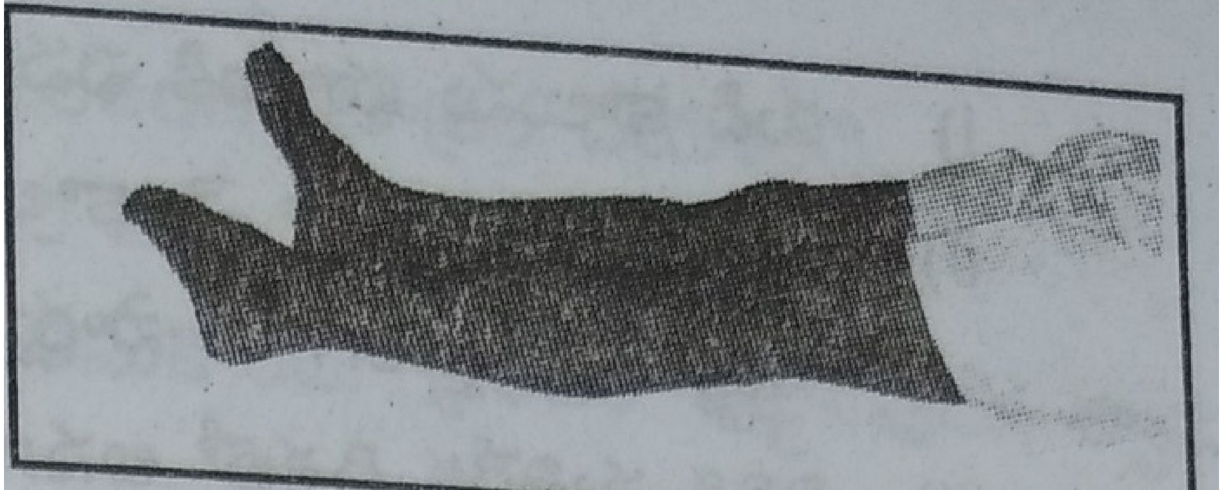
6. [illegible] (Shoulders rotation)

7. [illegible] (Neck Exercise)

8. [illegible] (Waist rotation)

**1. [illegible] (Ankle rotation)**



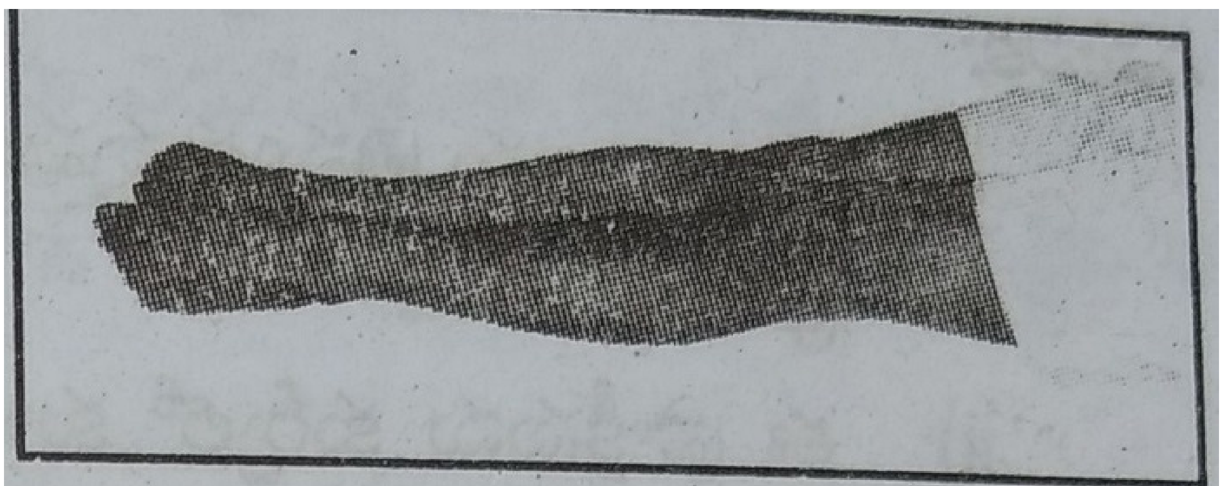


i) [illegible] [illegible] [illegible] [illegible] [illegible].

ii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 10 [illegible] [illegible].

iii) [illegible] [illegible] [illegible] [illegible] [illegible].

**[illegible] - II ([illegible] [illegible] [illegible])**



i) [illegible] [illegible] [illegible] [illegible] [illegible].

ii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

iii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

iv) [illegible] 10 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

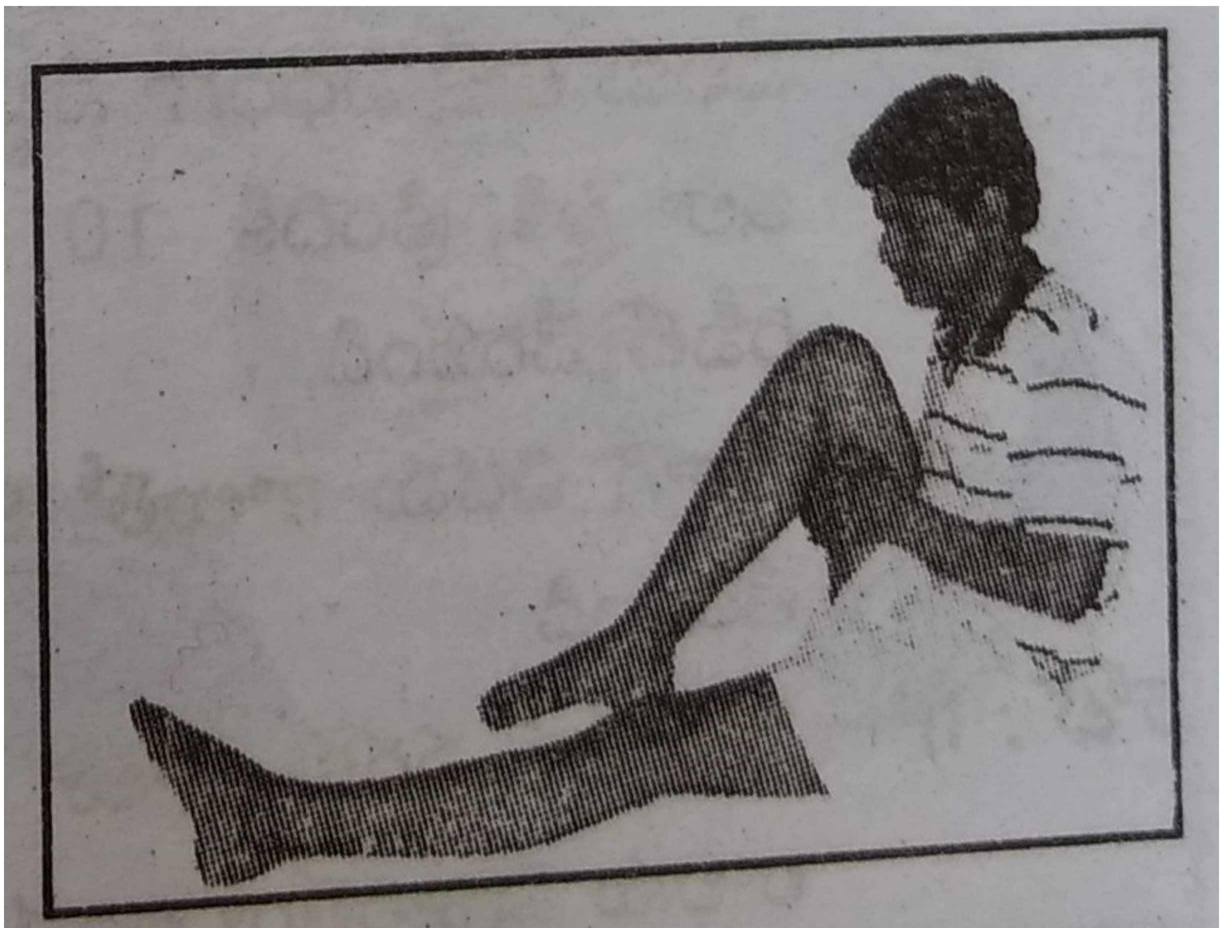
**[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

i) [illegible] [illegible] [illegible] [illegible].

ii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

**[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

**2. [illegible] [illegible] [illegible] (Knee rotation)**



iii) [illegible] 5 [illegible].

iv) [illegible].

v) [illegible].

**[illegible]:** [illegible].

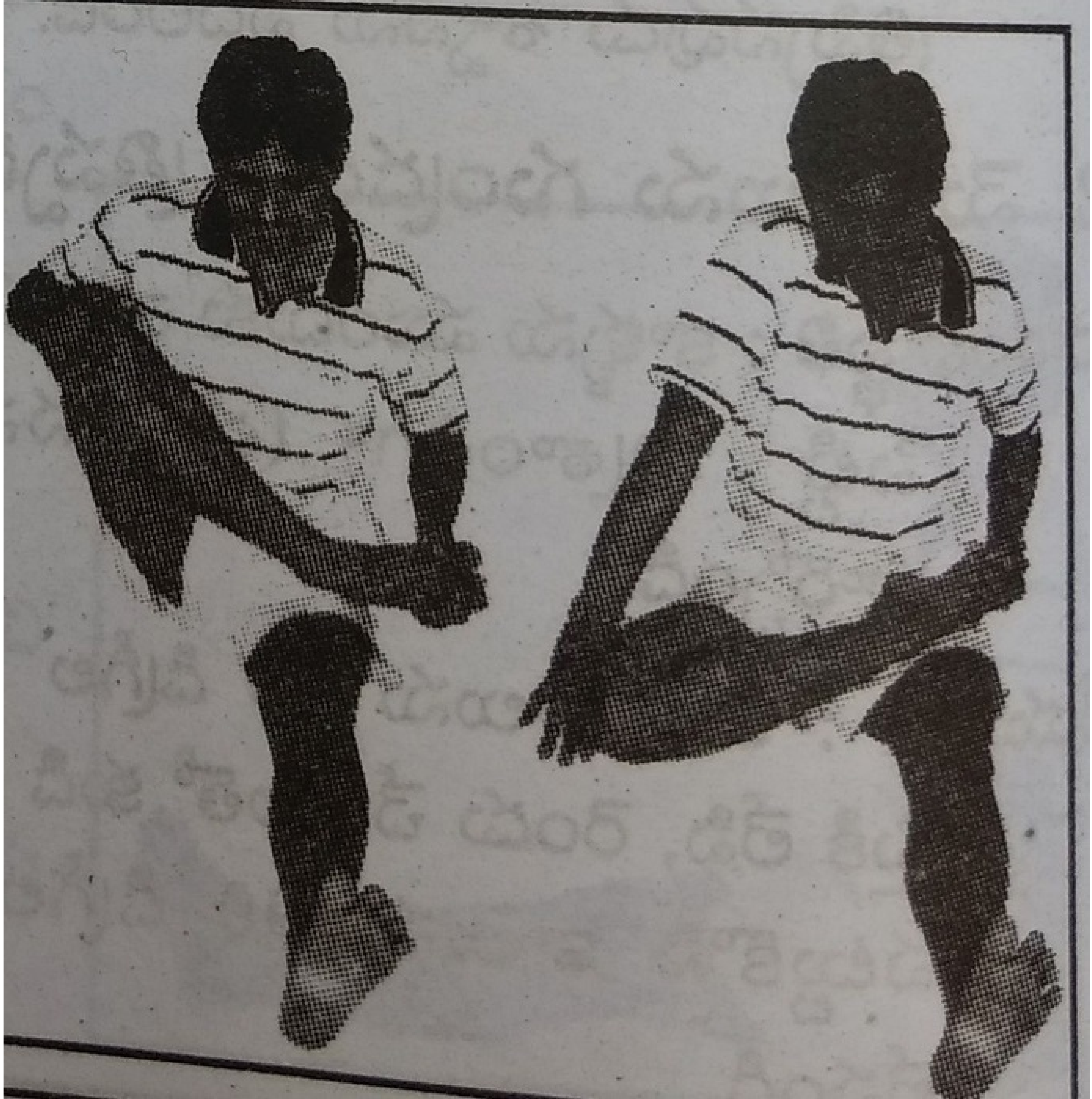
**[illegible]:**

i) [illegible].

ii) [illegible].

iii) [illegible].

### 3. [illegible] (Half butterfly)



**[illegible]) [illegible] [illegible]:**

i) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ([illegible])

ii) [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] ([illegible] [illegible]) [illegible].

iii) [illegible] [illegible] [illegible] [illegible] [illegible].

**[illegible] [illegible]:**

i) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

ii) [illegible] [illegible], [illegible] 10 [illegible] [illegible] [illegible].

iii) [illegible] [illegible] [illegible] [illegible] [illegible].

**[illegible]:** i) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

ii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

iii) [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

**[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible].

**4. [illegible] [illegible] [illegible] [illegible] (Full butterfly)**



**[illegible]) [illegible] [illegible]:**

i) [illegible] [illegible] [illegible] [illegible] [illegible].

ii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

iii) [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

**[illegible]:**

**[illegible] - I ([illegible] [illegible] [illegible] [illegible])**

i) [illegible] [illegible] [illegible] [illegible] [illegible].

ii) [illegible]. [illegible]. [illegible]. [illegible].

iii) [illegible] 30-50 [illegible], [illegible].

**[illegible] - II ([illegible])**

i) [illegible].

ii) [illegible], [illegible].

iii) [illegible] 20-30 [illegible].

iv) [illegible].

**[illegible]:** i) [illegible]. [illegible].

ii) [illegible], [illegible], [illegible].

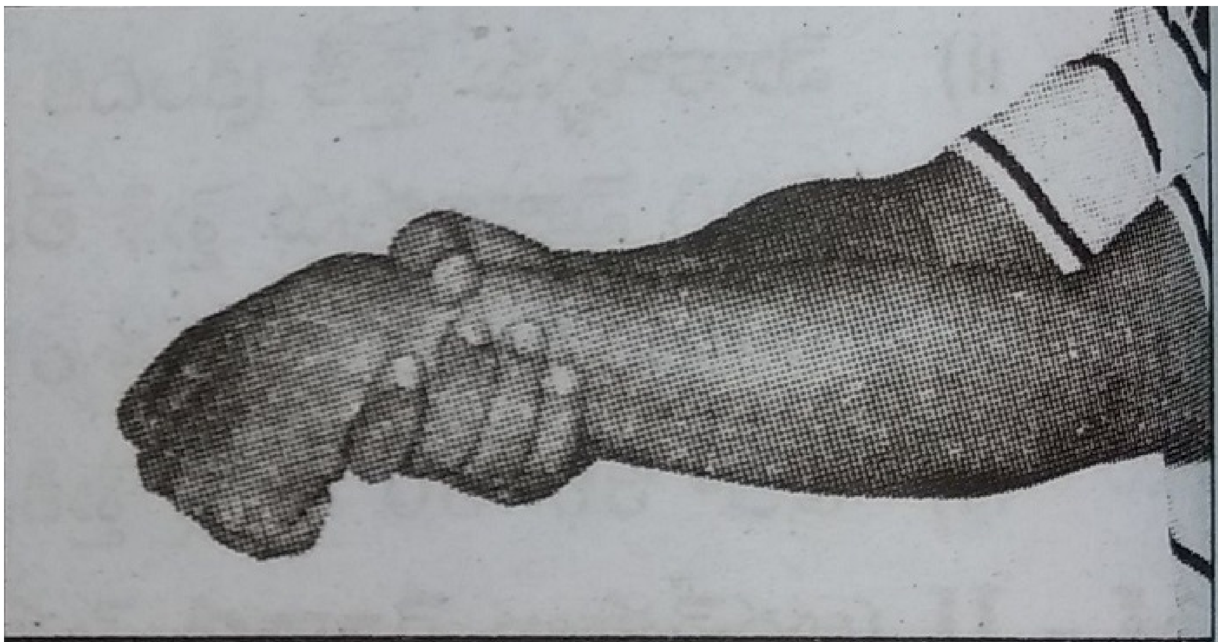
iii) [illegible], [illegible].

[illegible]**:** [illegible].

**5. [illegible] (Wrist rotation)**

**[illegible] :**

**[illegible] - I ([illegible])**



i) [illegible].

ii) [illegible].

iii) [illegible].

iv) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 10 [illegible] [illegible] [illegible].

v) [illegible] [illegible] [illegible] [illegible] [illegible].

**[illegible] - II ([illegible] [illegible] [illegible] [illegible])**

i) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

ii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

iii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 10 [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] 10 [illegible] [illegible].

**[illegible]:** i) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

ii) [illegible] [illegible] [illegible] [illegible] [illegible].

iii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

iv) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

**6. [illegible] [illegible] [illegible] (Shoulders rotation)**

**[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible].

**[illegible] [illegible]:**

**[illegible] - I ([illegible] [illegible])**

i) [illegible]

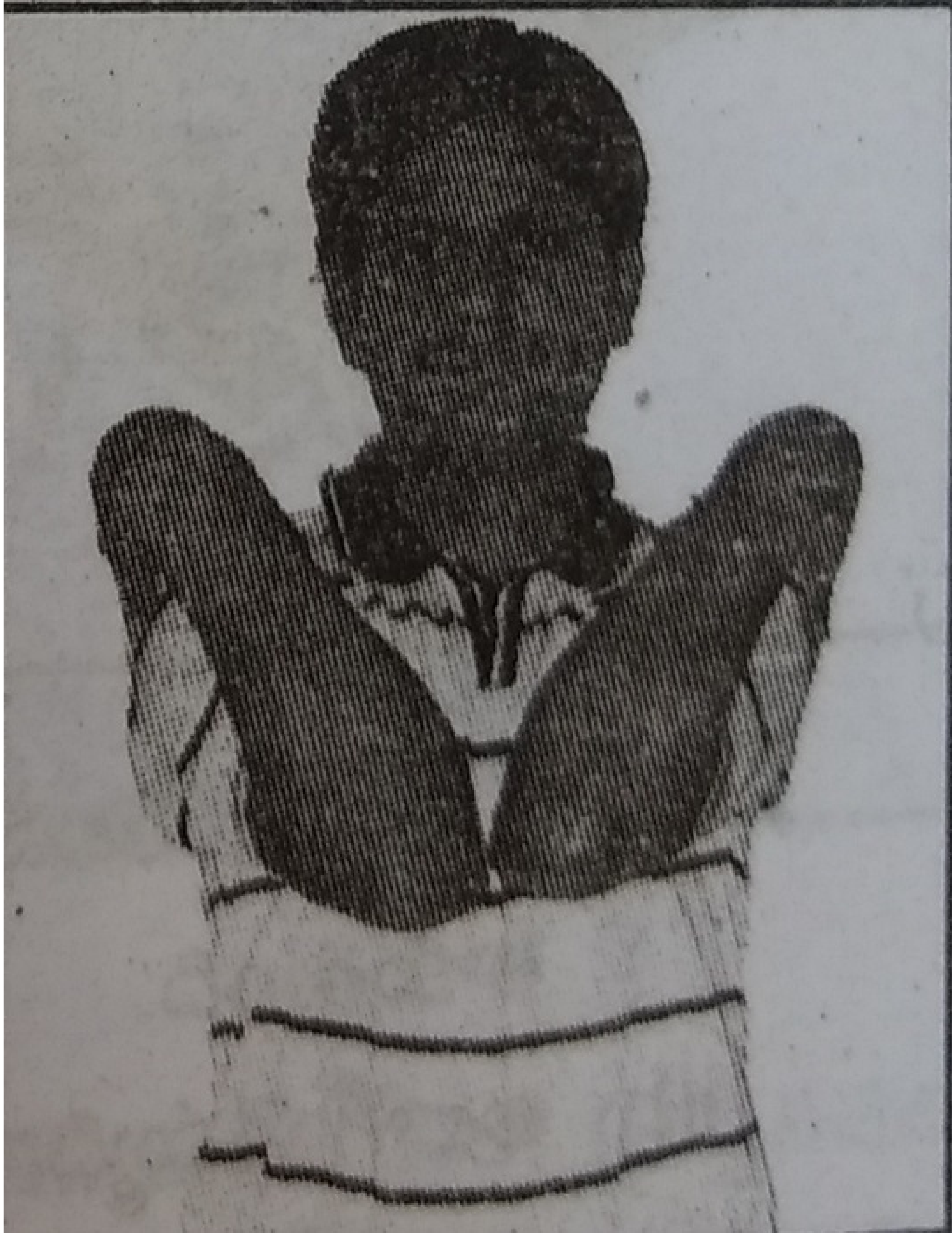
ii) [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible].

iii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

iv) [illegible] 10 [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

v) [illegible] [illegible] [illegible] [illegible] [illegible].

**[illegible] - II ([illegible] [illegible])**



i) [illegible]

ii) [illegible]. [illegible].

iii) [illegible].

iv) [illegible] 10 [illegible].

[illegible]: i) [illegible].

ii) [illegible], [illegible]. [illegible],[illegible].

iii) [illegible].

iv) [illegible], [illegible], [illegible].

[illegible]: i) [illegible].

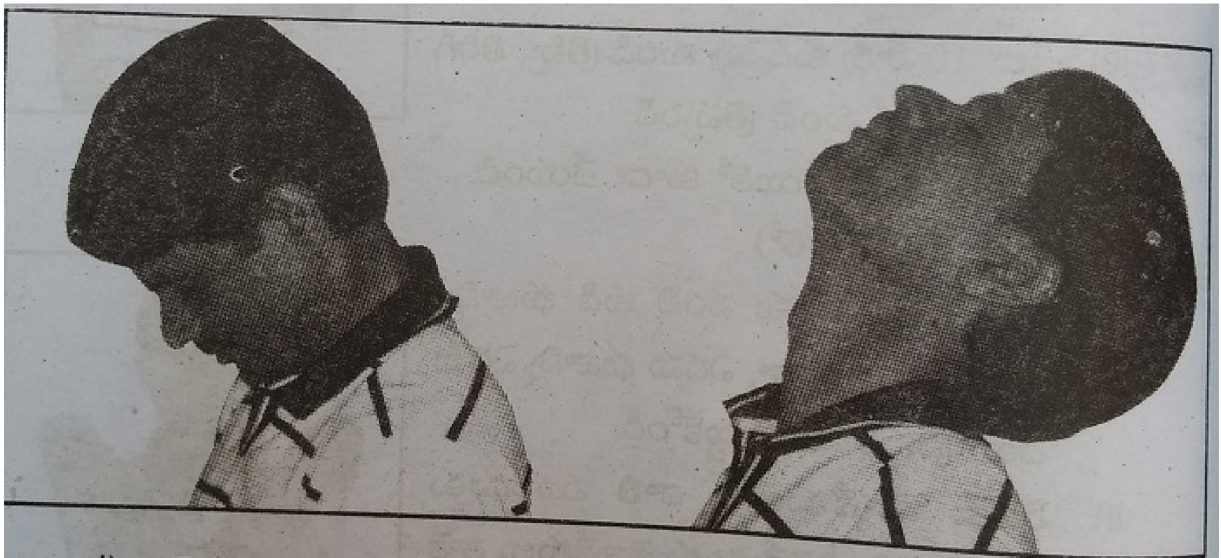
ii) [illegible] [illegible] [illegible] [illegible] [illegible].

**7. [illegible] [illegible] (Neck Exercise)**

**[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

**[illegible] [illegible]:**

**[illegible] - I ([illegible]-[illegible] [illegible])**



i) [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].

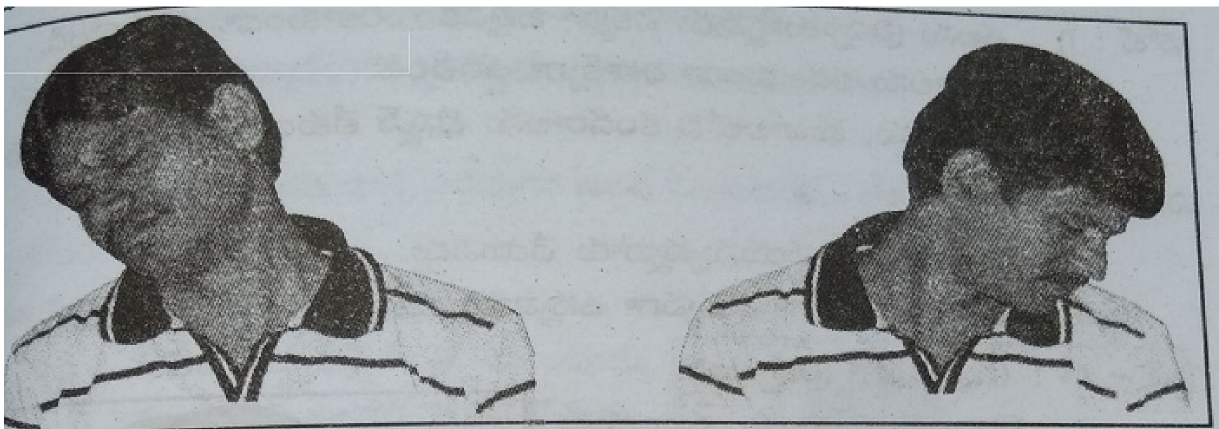
ii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

iii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

iv) □□□ 10 □□□□□□□ □□□□□□□□□, □□□□ □□□□□ □□□□□□□□□□.

v) □□□□ □□□□, □□□□□□□□□ □□□□□□□□□□ □□□□ □□□□□□□□□□. □□□□□ □□□□ □□□□□□□□□ □□□□□□□□□□ □□□□ □□□□□□.

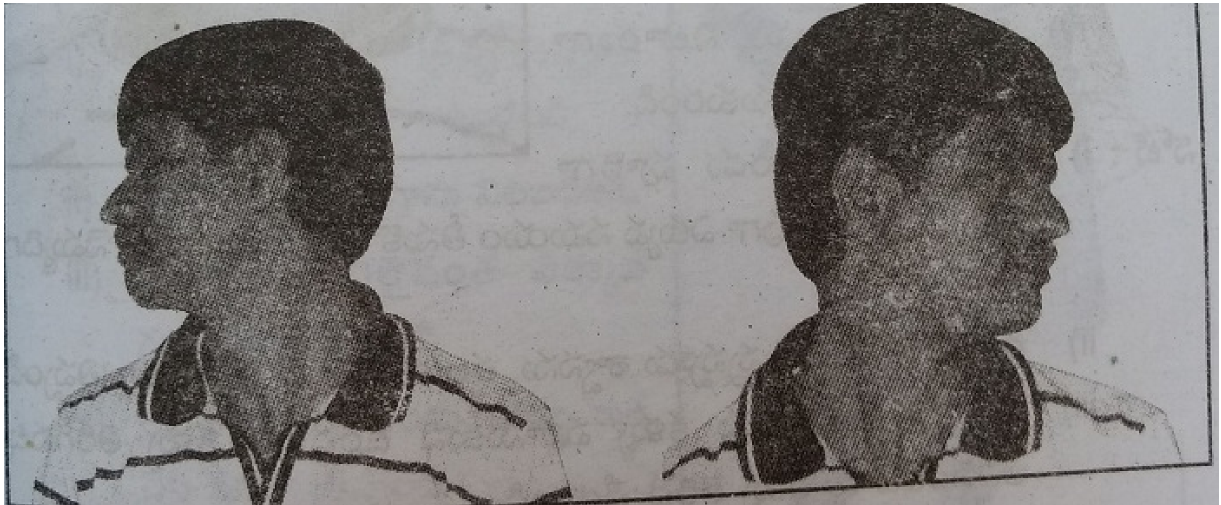
**□□□□□□□ - II: (□□□□□□□ □□□□□□□□□ □□□□ □□□□□□□ □□□□□□□-□□□□□□ □□□□□□□□□□)**



i) □□□□□□ □□□□□□□□□ □□□□ □□□□□□□□□□□ □□□□□□□. □□□□ □□□□ □□□□□□□ □□□□ □□□□ □□□□□□□□ □□□□□□□□□□. □□□□□ □□□ □□□□ □□□□□□□.

ii) □□□ 10 □□□□□□□ □□□□□□□□□□ □□□□□□□.

□□□□□□□ - III: (□□□□□□□□□□ □□□□□□□□□ □□□□ □□□□□□□ □□□□ □□□□□□□-□□□□□□ □□□□□□□□□□)



i) [illegible] [illegible] [illegible], [illegible] [illegible].

ii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].

iii) [illegible] [illegible] [illegible] [illegible] [illegible].

iv) [illegible] 10 [illegible] [illegible], [illegible] [illegible] 10 [illegible] [illegible].

v) [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible]: i) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

ii) [illegible] [illegible] [illegible] [illegible] [illegible].

iii) [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

**[illegible] [illegible]:**

i) [illegible] [illegible] [illegible] [illegible].

ii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

**[illegible] - IV: ([illegible] [illegible])**

i) [illegible] [illegible] [illegible] [illegible].

ii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

iii) [illegible] 10 [illegible] [illegible].

iv) [illegible].

**[illegible]:** i) [illegible]. [illegible].

ii) [illegible], [illegible].

iii) [illegible], [illegible].

iv) [illegible].

v) [illegible].

**[illegible]:**

i) [illegible]

ii) [illegible]

**8. [illegible] (Waist rotation)**

**[illegible]:**

[illegible], [illegible]. [illegible].

**[illegible]:**



i) [illegible] 10 [illegible].

ii) [illegible] 10 [illegible].

[illegible]: i) [illegible].

ii) [illegible].

iii) [illegible].

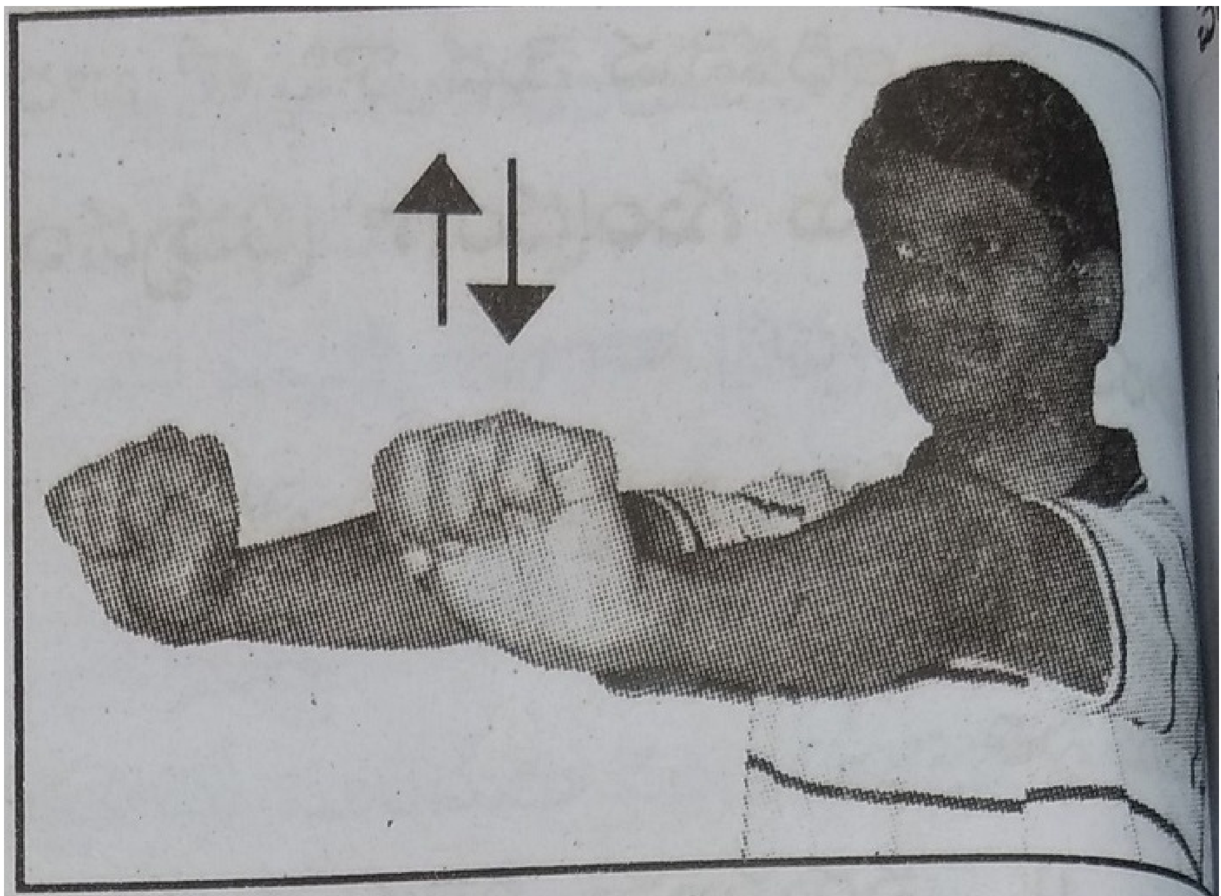
iv) [illegible].

[illegible]: i) [illegible]. [illegible].

# 2. [illegible]

### 1. [illegible] ([illegible])

[illegible]: [illegible].



[illegible]: [illegible].

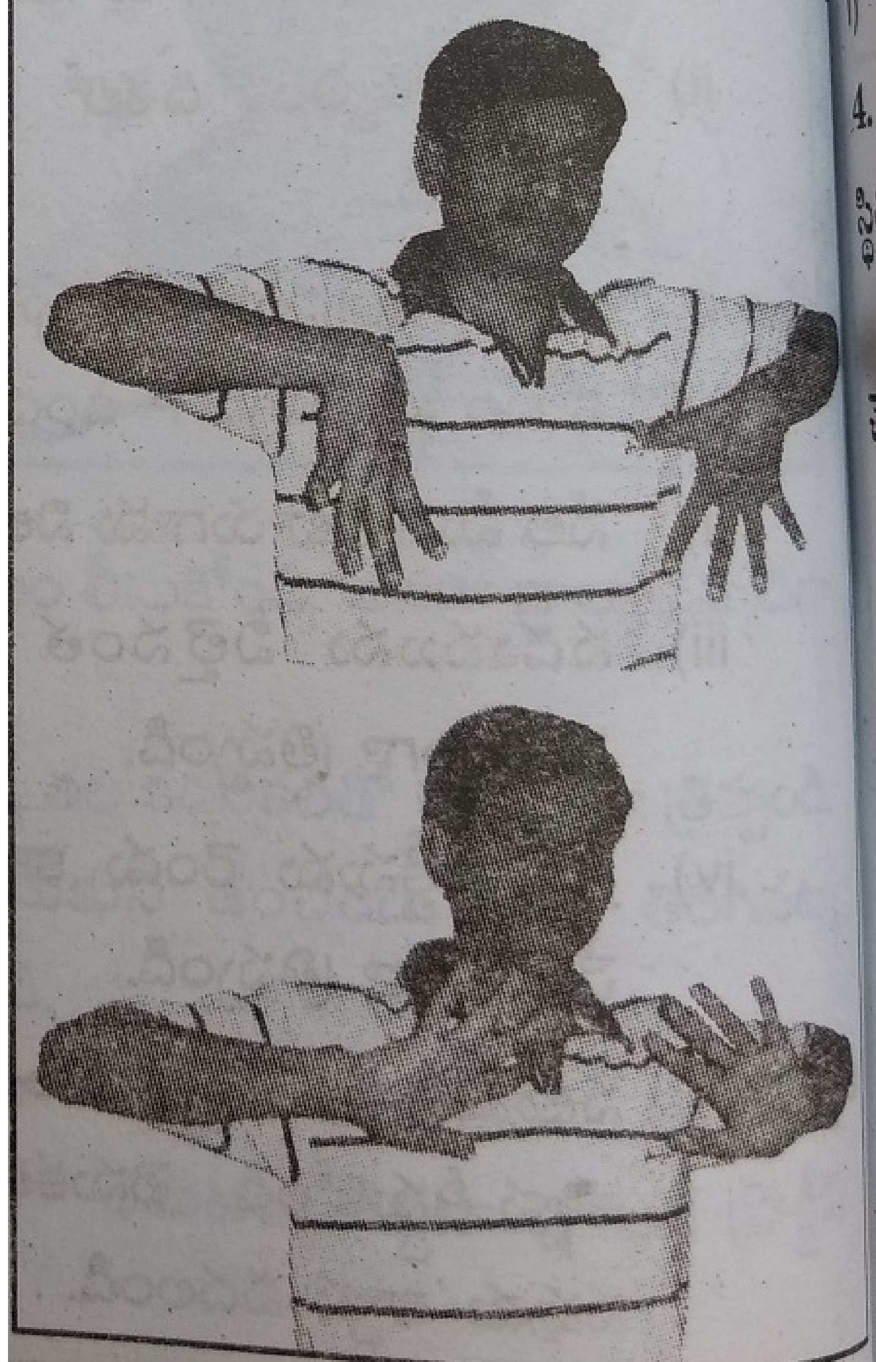
i) [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

ii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

iii) [illegible] 10 [illegible] [illegible] [illegible].

**2. [illegible] [illegible] [illegible] ([illegible])**

**[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible].



i) [illegible].

ii) [illegible], [illegible].

iii) [illegible]. [illegible].

**3. [illegible] ([illegible])**

**[illegible]:** [illegible].

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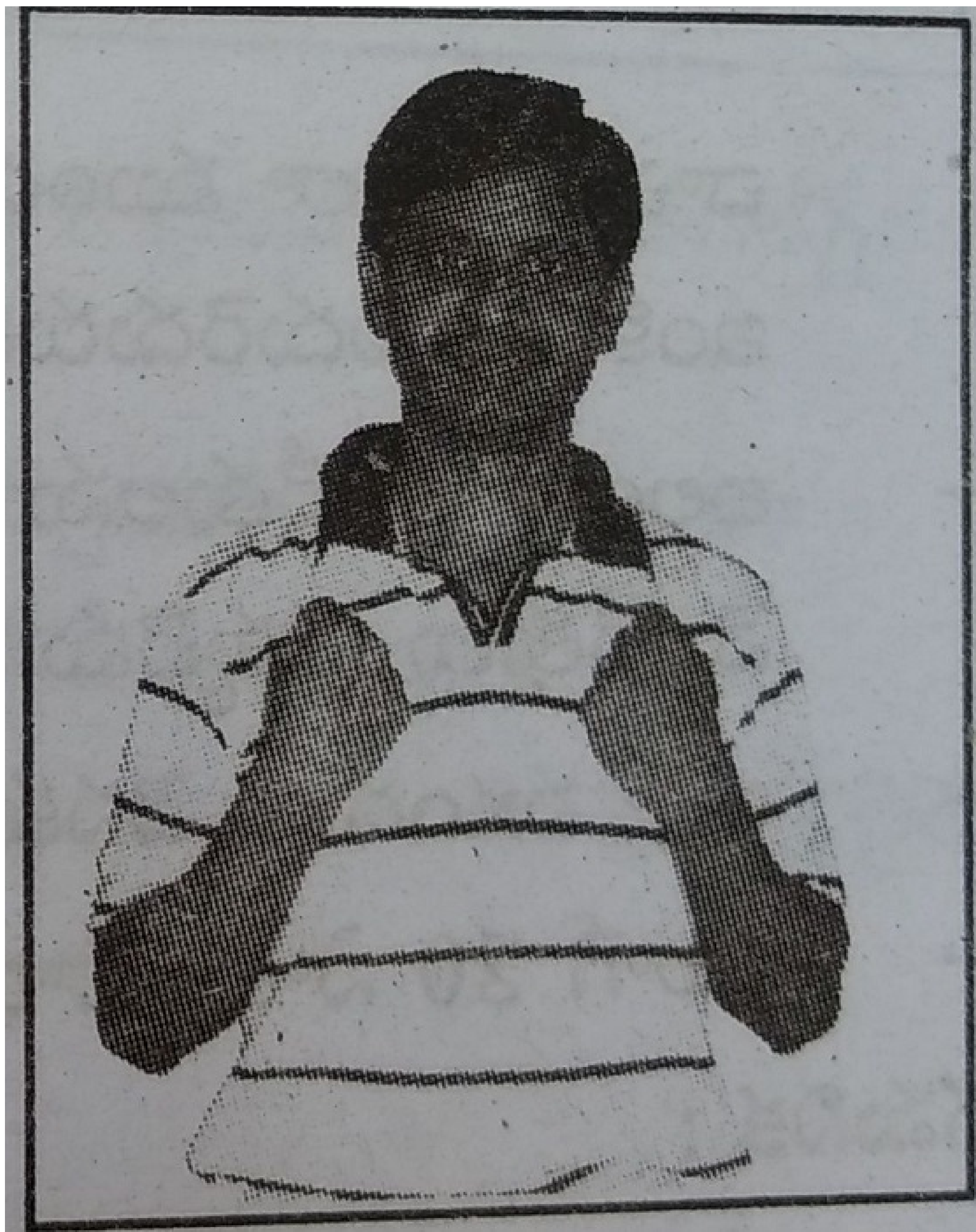
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i) [illegible] [illegible] [illegible] [illegible] [illegible].

**4. [illegible] [illegible] [illegible] ([illegible])**

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ii) [illegible].

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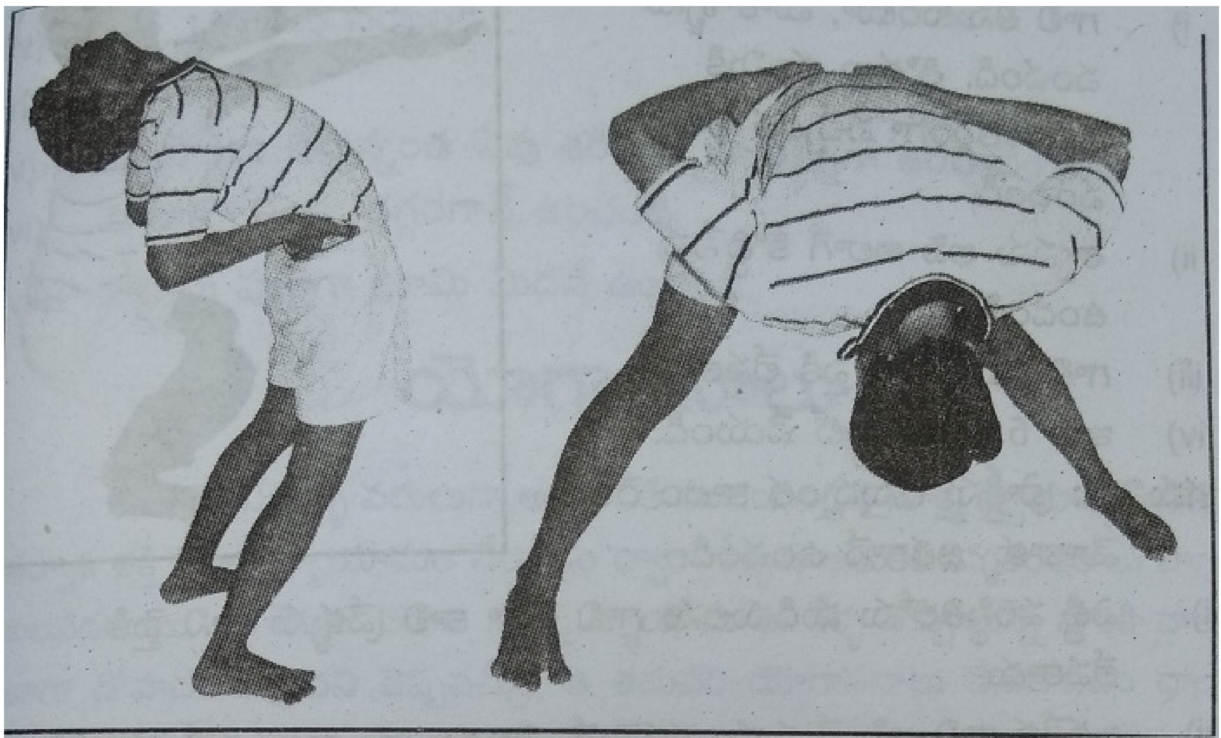
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iv) [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

v) [illegible] 10 [illegible] [illegible] [illegible].

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iii) [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

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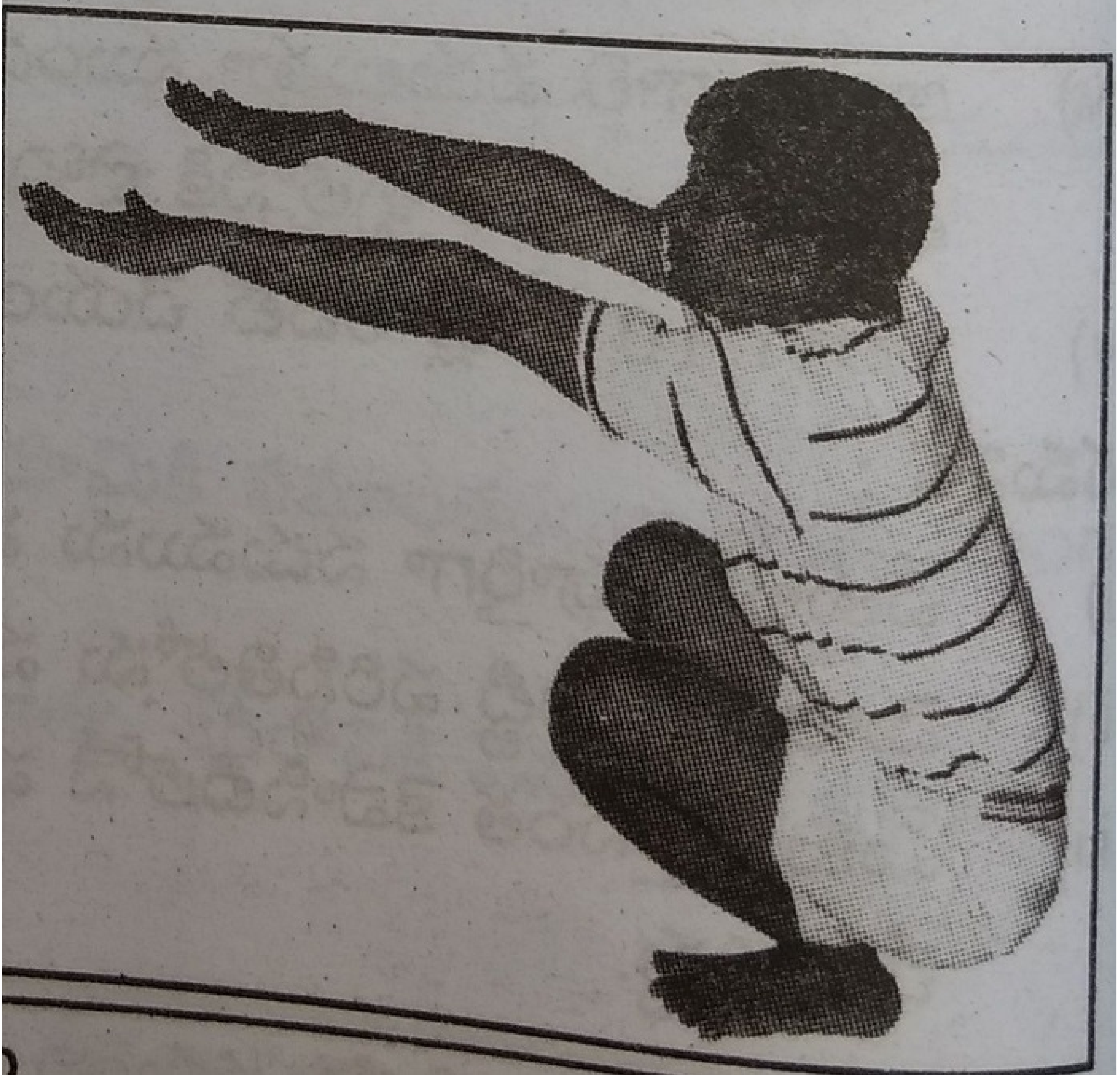
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v) [illegible].

vi) [illegible].

vii) [illegible].

# [illegible]

[illegible]

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3. [illegible] ([illegible], [illegible], [illegible]);

4. [illegible] ([illegible], [illegible], [illegible]). [illegible].

**1.** [illegible]

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iv) [illegible].

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[illegible].

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[illegible].

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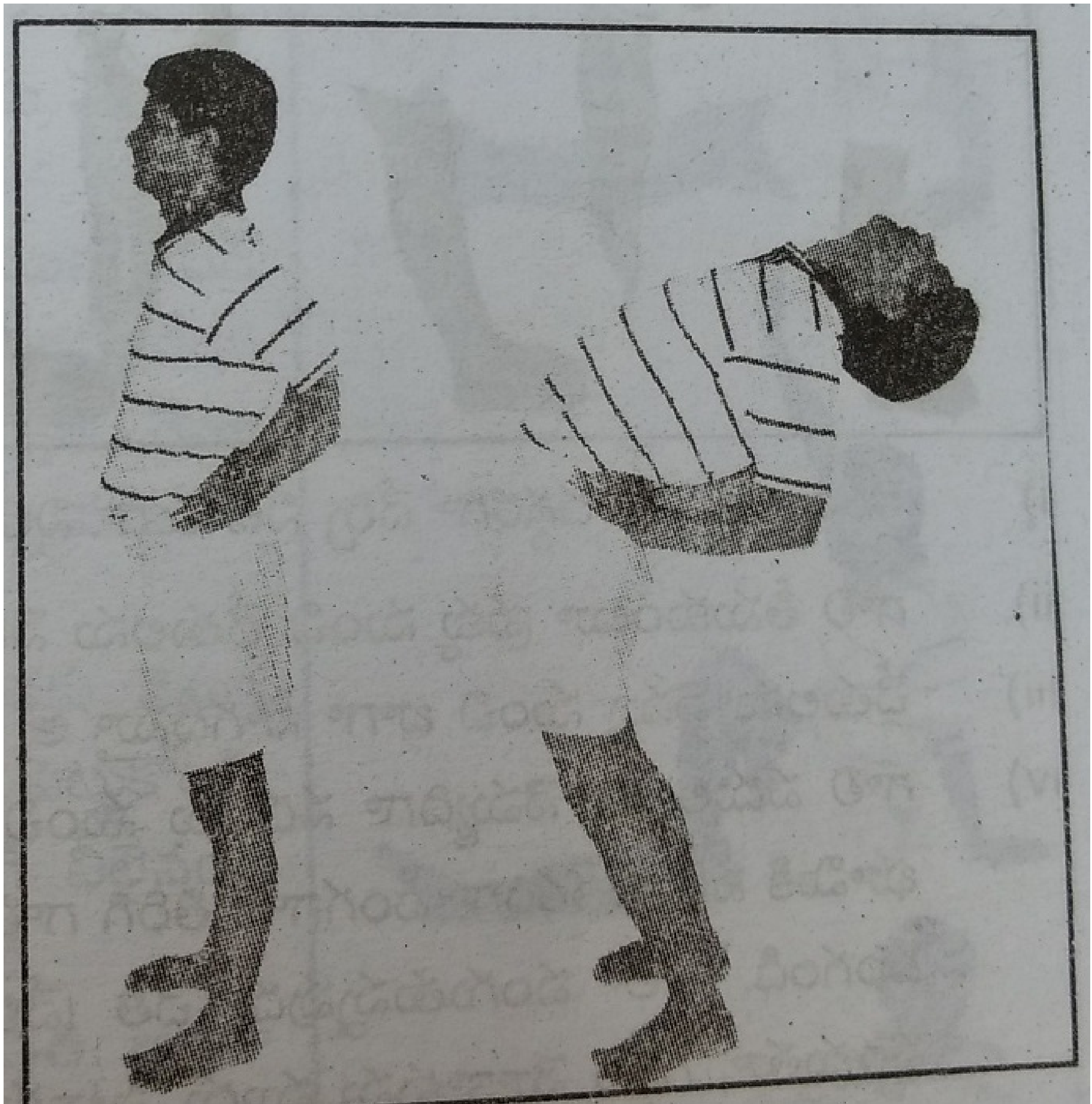
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xii) [illegible].

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[illegible]

**[illegible]:**



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ii) [illegible].

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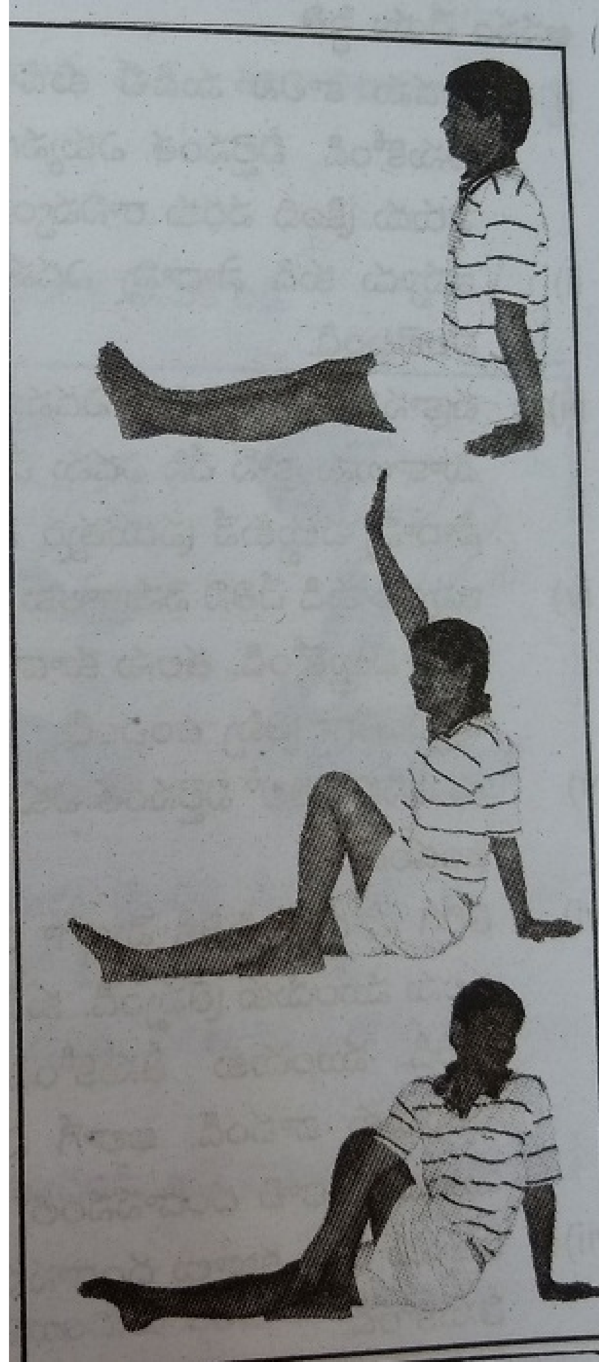
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[illegible] [illegible] [illegible]



i) [illegible].

ii) [illegible].
[illegible]

[illegible].

iii) [illegible].

iv) [illegible].

v) [illegible].

vi) [illegible].

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[illegible]

[illegible]

[illegible].

[illegible]



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ii) [illegible].

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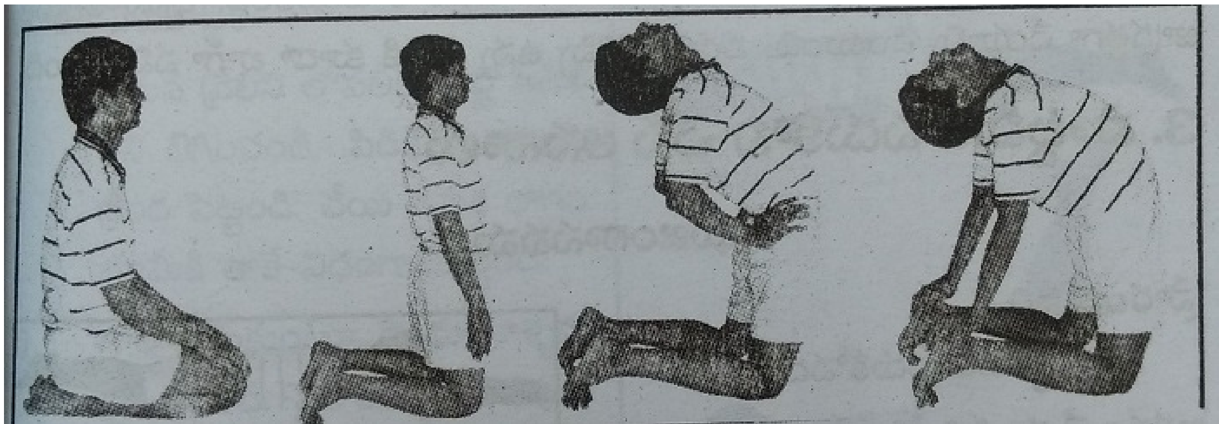
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vii) [illegible].

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[illegible].

iii) [illegible].

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vii) [illegible]. [illegible]. [illegible]. [illegible].

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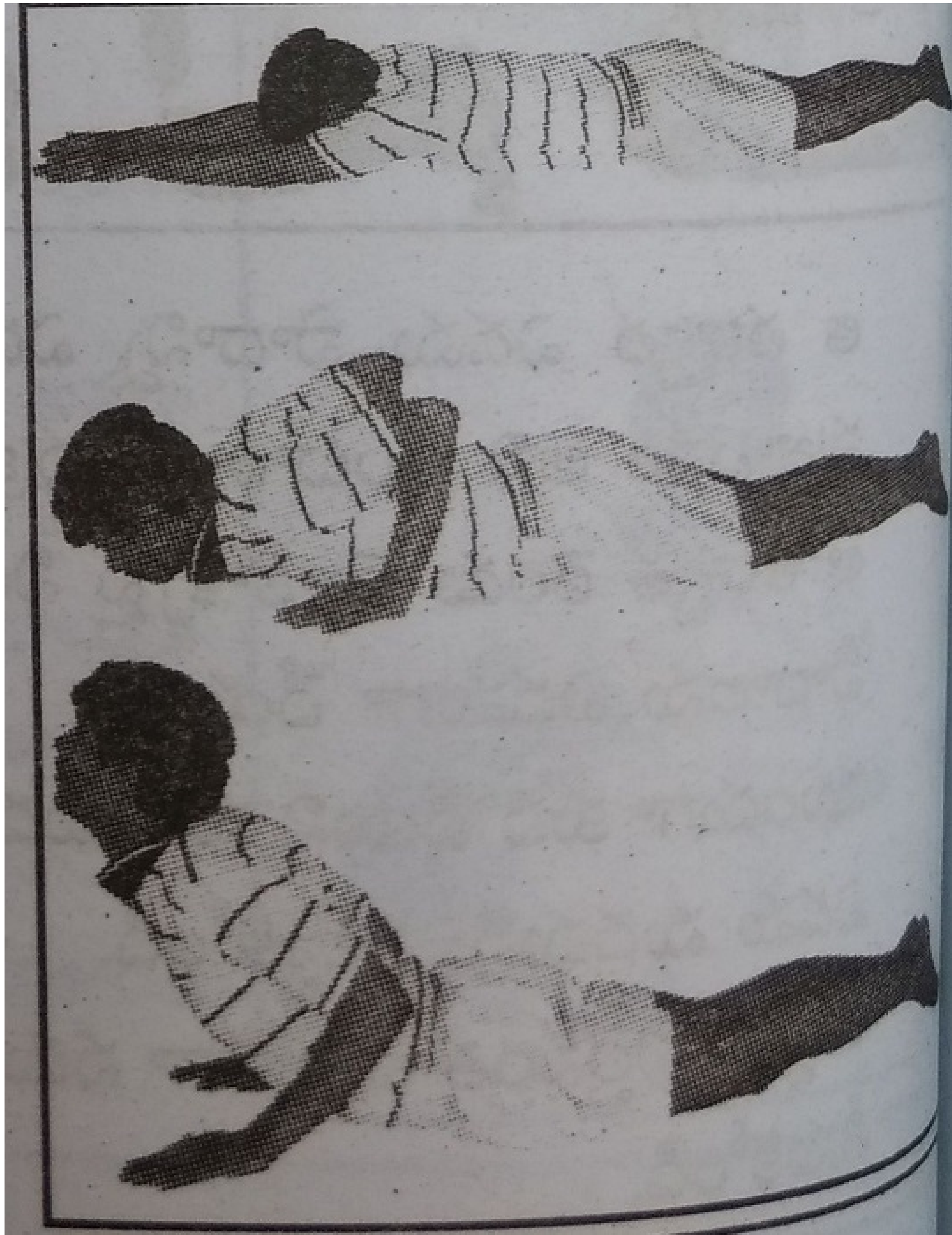
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[illegible] [illegible]:

[illegible] [illegible] [illegible]

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i) □□□□□ □□□□□□ □□□□□□□ □□□□□□□□. □□□□□ □□□□ □□□□□□□□ □□ □□□□□□ □□□□ □□□□□ □□□□□□ □□□□□□□ □□□□□□□□.

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iii) [illegible].

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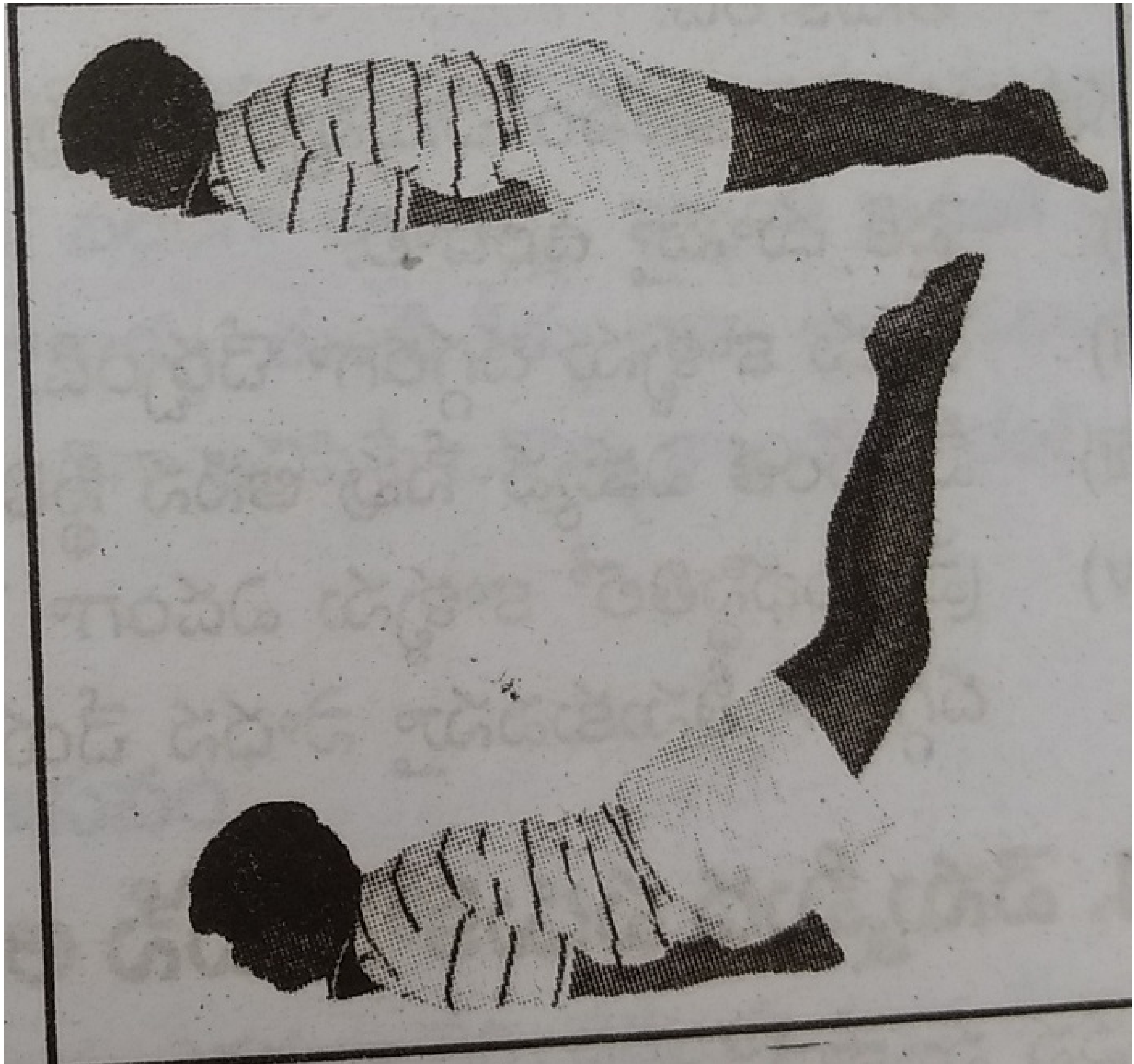
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vii) [illegible], [illegible], [illegible].

[illegible]

[illegible]:

[illegible].



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i) [illegible], [illegible].

ii) [illegible].

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[illegible] [illegible]



[illegible]

2. [illegible]

3. [illegible]

4. [illegible] 20-25 [illegible] 60 [illegible] ($CO_2$) [illegible]

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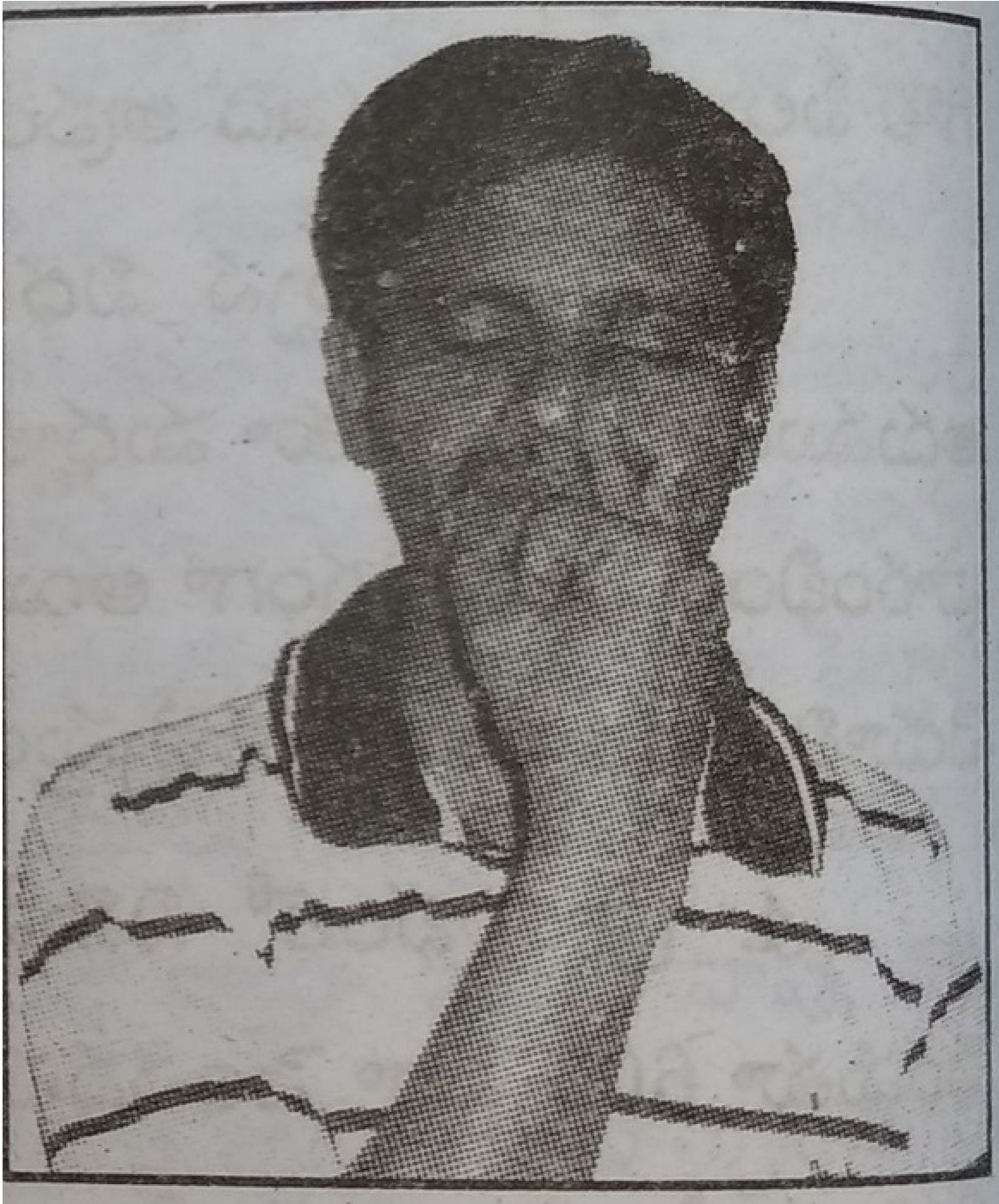
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1. [illegible]

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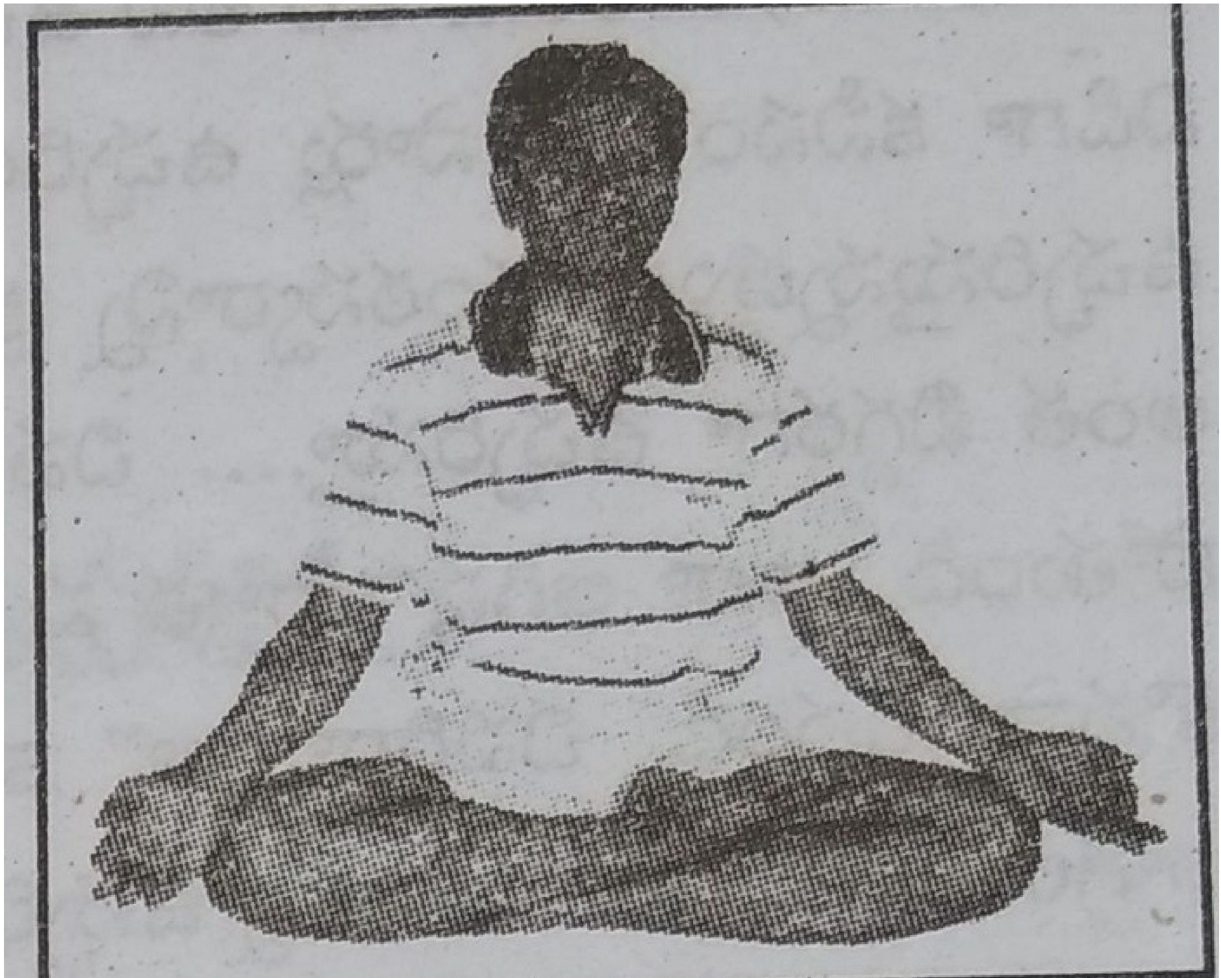
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[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]-[illegible], [illegible]-[illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible], [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]

[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible]:- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] '[illegible]' [illegible] [illegible] [illegible] [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible]:- [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible], [illegible], [illegible], [illegible] [illegible] [illegible].

[illegible] [illegible]:- [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible], [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] (NIN, Hyd) [illegible]
[illegible].

# [illegible] [illegible] ICMR [illegible]

### 1. [illegible] [illegible] - [illegible] [illegible]

| [illegible] | [illegible] ([illegible].[illegible].) | [illegible] ([illegible].[illegible].) | [illegible] ([illegible].[illegible].) | [illegible] ([illegible].[illegible].) |
|---|---|---|---|---|
| [illegible] | 42 | 296 | 8.0 | 137 |
| [illegible] | 26 | 215 | 1.67 | 21 |
| [illegible] | 10 | 348 | 2.3 | 139 |
| [illegible] | 344 | 283 | 3.9 | 137 |
| [illegible] [illegible] | 10 | 190 | 3.2 | 90 |
| [illegible] [illegible] | 10 | 160 | 0.7 | 64 |
| [illegible] [illegible] [illegible] | 48 | 355 | 4.9 | 132 |
| [illegible] [illegible] [illegible] | 23 | 121 | 2.7 | 54 |

### 2. [illegible] - [illegible] [illegible]

| [illegible] | [illegible] ([illegible].[illegible].) | [illegible] ([illegible].[illegible].) | [illegible] ([illegible].[illegible].) | [illegible] ([illegible].[illegible].) |
|---|---|---|---|---|
| [illegible] | 1450 | 570 | 9.3 | - |
| [illegible] | 202 | 312 | 4.6 | 119 |
| [illegible] | 56 | 331 | 5.3 | 130 |

| [illegible] | | | | |
|---|---|---|---|---|
| [illegible] | 154 | 385 | 3.8 | 130 |
| [illegible] | 75 | 405 | 3.9 | 122 |
| [illegible] | 287 | 311 | 6.77 | 156 |
| [illegible] [illegible] ([illegible]) | 240 | 690 | 40.4 | 275 |
| [illegible] | 73 | 304 | 2.7 | 90 |
| [illegible] | 77 | 414 | 8.6 | 210 |

**3. [illegible] - [illegible] [illegible]**

| [illegible] | [illegible] | [illegible] | [illegible] | [illegible] |
|---|---|---|---|---|
| [illegible] | 172 | 40 | 2.28 | 66 |
| [illegible] | 63 | 17 | 0.75 | 123 |
| [illegible] [illegible] | 200 | 35 | 10 | - |
| [illegible] | 800 | 50 | 22.9 | - |
| [illegible] | 101 | 140 | 0.30 | 26 |

**4. [illegible] - [illegible] [illegible]**

| [illegible] | [illegible] | [illegible] | [illegible] | [illegible] |
|---|---|---|---|---|
| [illegible] [illegible] | 12 | 193 | - | - |
| [illegible] [illegible] | 17 | 277 | - | - |
| [illegible] [illegible] | 150 | 150 | 2.5 | - |
| [illegible] [illegible] | 10 | 380 | 6.3 | - |
| [illegible] [illegible] | 30 | 200 | 2.2 | - |
| [illegible] | 10 | 230 | - | - |

**5. [illegible] - [illegible] [illegible]**

| [illegible] | [illegible] | [illegible] | [illegible] | [illegible] |
|---|---|---|---|---|
| [illegible] | 18 | 47 | 0.38 | 26 |
| [illegible] | 40 | 30 | 0.38 | 36 |
| [illegible] | 66 | 56 | 0.35 | 53 |
| [illegible] | 18 | 26 | 0.39 | 32 |
| [illegible] | 26 | 20 | 1.51 | 28 |
| [illegible] [illegible] | 50 | 64 | 1.4 | 53 |
| [illegible] [illegible] | 130 | 57 | 1.08 | 47 |
| [illegible] [illegible] | 32 | 42 | 1.6 | 54 |
| [illegible] [illegible] | 10 | 10 | 1.1 | - |
| [illegible] | 50 | 50 | 7.43 | 104 |
| [illegible] | 10 | 30 | 0.44 | 38 |
| [illegible] [illegible] | 30 | 20 | 0.8 | - |
| [illegible] | 60 | 40 | 2.0 | - |
| [illegible] | 50 | 450 | 5.81 | 349 |

**6. [illegible] - [illegible] [illegible]**

| [illegible] [illegible] | [illegible] | [illegible] | [illegible] | [illegible] |
|---|---|---|---|---|
| [illegible] | 10 | 28 | 0.27 | 24 |
| [illegible] | 22 | 38 | 0.96 | 12 |
| [illegible] | 17 | 13 | 0.5 | 11 |
| [illegible] | 65 | 70 | 1.79 | 44 |
| [illegible] | 98 | 27 | 1.25 | 25 |
| [illegible] | 10 | 14 | 0.66 | 7 |
| [illegible] [illegible] | 20 | 9 | 2.42 | 33 |
| | | | | |

| | | | | |
|---|---|---|---|---|
| [illegible] | 90 | 20 | 0.3 | - |
| [illegible] | 26 | 20 | 0.32 | 9 |
| [illegible] | 50 | 20 | 1.2 | - |
| ([illegible]) [illegible] | 20 | 23 | 0.5 | - |
| ([illegible]) [illegible] | 20 | 30 | 0.52 | 82 |
| ([illegible]) [illegible] | 30 | 30 | 0.2 | - |
| [illegible] | 11 | 12 | 7.9 | 13 |
| [illegible] | 20 | 41 | 0.56 | 24 |
| [illegible] [illegible] | 120 | 50 | 7.3 | 3 |

[illegible] 4

[illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] 1 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] '[illegible]' [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] 2-3 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 300 [illegible].[illegible]. [illegible] 500 [illegible].[illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible]. [illegible] 3 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]

[illegible] [illegible]. [illegible], [illegible], [illegible]. [illegible], [illegible]. [illegible]. [illegible]. [illegible], [illegible]. [illegible]. [illegible]. [illegible]. [illegible]. [illegible]. [illegible]. [illegible]. [illegible]. [illegible]. [illegible]

uneasy

[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] 7 [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] 7-8 [illegible] [illegible] [illegible] [illegible] [illegible] 12 [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]! [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] "[illegible] [illegible]" [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

**[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible]: [illegible]. [illegible]. [illegible]. [illegible].

[illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible].

[illegible], 2-3 [illegible]. [illegible]. [illegible] 3-4 [illegible]. [illegible]. [illegible]. [illegible]. [illegible]. [illegible].

[illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] 3-4 [illegible] [illegible] 3-4 [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible], [illegible] ([illegible] [illegible] [illegible]) [illegible] [illegible] 24 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

**1)** [illegible]**:-** [illegible], [illegible], [illegible], [illegible]. [illegible] 24 [illegible]. [illegible], [illegible]. [illegible], [illegible]. [illegible]. [illegible].

**2)** [illegible]**:-** [illegible] ([illegible]) [illegible]. [illegible]. 24 [illegible]. [illegible]. [illegible]. [illegible]. [illegible]. [illegible] 3

[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].

**3) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:-** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

**[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] 2 [illegible] 3 [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible],

[illegible] 2 [illegible] 4-5 [illegible]

[illegible]:

[illegible] 3-4 [illegible]

[illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible], [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] 50 [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] 50 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible], [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] '[illegible]', '[illegible]' [illegible], [illegible], [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible], [illegible], [illegible], [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] 10 [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. ([illegible]. [illegible] [illegible] [illegible] "[illegible] [illegible] [illegible]" [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]). [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]

[illegible] 2-3 [illegible]

[illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]!

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(inflammation)

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**2. [illegible] (Soothening stage)**

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**3. [illegible] (Constructive stage)**

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**[illegible] (Mental preparation for Fasting)**

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**[illegible], [illegible]**

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[illegible] [illegible]. [illegible] [illegible] 2 [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] 2 [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible]

[illegible] 2[illegible] [illegible], 3[illegible] [illegible] 2-3 [illegible] 5 [illegible] 1-2 [illegible]

[illegible]. [illegible]. [illegible].

[illegible]. [illegible]. [illegible]. [illegible], [illegible]. [illegible]. [illegible]. [illegible].

[illegible]

[illegible]

05.00 - [illegible], 1 [illegible] 1.5 [illegible]. [illegible]

06.00 - [illegible]

07.00 - 1 [illegible]

08.00 - 1 [illegible]

09.00 - 1 [illegible]

10.00 - 1 [illegible]

11.00 - 1 [illegible] [illegible] [illegible] [illegible]

[illegible]

12.00 - 1 [illegible] [illegible] [illegible]

01.00 - 1 [illegible] [illegible] [illegible] [illegible]

02.00 - 1 [illegible] [illegible] [illegible]

03.00 - 1 [illegible] [illegible] [illegible] [illegible]

[illegible]

04.00 - 1 [illegible] [illegible] [illegible]

05.00 - 1 [illegible] [illegible] [illegible] [illegible]

06.00 - 1 [illegible] [illegible] [illegible]

[illegible]

07.00 - 1 [illegible] [illegible] [illegible] [illegible]

08.00 - 1 [illegible] [illegible] [illegible]

09.00 - 1 [illegible].

**[illegible], [illegible]?**

[illegible] 3 [illegible] 2[illegible]. [illegible] 3 [illegible]. [illegible]. [illegible], [illegible]. [illegible], [illegible]. [illegible]. [illegible]. [illegible], [illegible], [illegible], [illegible], [illegible]. [illegible]. [illegible]. [illegible].

[illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] 10% [illegible] [illegible] 90% [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] '[illegible]', '[illegible]' [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] 4 [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] 2 [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] 3 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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[illegible]

05.00 [illegible] - 1 [illegible] 1.5 [illegible]. [illegible] [illegible] [illegible] [illegible]

07.00 [illegible] - [illegible] [illegible] [illegible]

08.00 [illegible] - [illegible] [illegible] [illegible]

09.00 [illegible] - [illegible] [illegible]

10.00 [illegible] - [illegible] [illegible] [illegible] [illegible]

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[illegible]

12.00 [illegible] - [illegible] [illegible] [illegible]

01.00 [illegible] - [illegible] [illegible] [illegible]

02.00 [illegible] - [illegible] [illegible] [illegible]/[illegible] [illegible]

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[illegible]

04:00 [illegible] - [illegible] [illegible] [illegible]

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09.00 [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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3 [illegible] [illegible] [illegible], [illegible] 3 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 4 [illegible] [illegible] [illegible] [illegible] [illegible]

(constructive stage)

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[illegible] [illegible] 1 [illegible] 1.5 [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] 1 [illegible] 1.5 [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] 1 [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]/[illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] 4 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]/[illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]

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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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06:00 [illegible] - [illegible] 1 [illegible] 1.5 [illegible] [illegible] [illegible] [illegible] [illegible].

07.00 [illegible] - [illegible] [illegible] [illegible] - [illegible] [illegible].

08:00 [illegible] - [illegible] [illegible] [illegible] [illegible].

09:00 [illegible] - [illegible] [illegible]

10:00 [illegible] - [illegible]/[illegible]/[illegible]

11.00 [illegible] - [illegible] [illegible]

[illegible]

12.00 [illegible] - [illegible] [illegible] [illegible]/[illegible] [illegible]/[illegible] [illegible]

01.00 [illegible] - [illegible] [illegible]

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[illegible] [illegible] [illegible] 2 [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]/[illegible]/ [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible]

[illegible]

06:00 [illegible] - [illegible] 1 [illegible] 1.5 [illegible] [illegible] [illegible] [illegible] [illegible].

07.00 [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

08:00 [illegible] - [illegible] [illegible] [illegible]

09:00 [illegible] - [illegible]/[illegible]/[illegible]

10, 11, 12 [illegible] - [illegible] [illegible]

[illegible]

01.00 [illegible] - [illegible] - [illegible]+ [illegible] [illegible] [illegible]+ [illegible] [illegible]

[illegible] [illegible] [illegible]

[illegible]

05.00 [illegible] - [illegible] [illegible] [illegible]

06:00 [illegible] - [illegible] [illegible] [illegible]

[illegible]

08:00 [illegible] - [illegible] [illegible]

09.00 [illegible] - [illegible]

[illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] 10 [illegible] [illegible] [illegible]. [illegible] [illegible] '[illegible] [illegible]' [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] 3 [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

# 8. [illegible] [illegible]-[illegible]

- [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible]
- [illegible] [illegible] - [illegible] [illegible]
- [illegible] [illegible], [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible]
- [illegible] [illegible]-[illegible] [illegible] - [illegible] [illegible]-[illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] 6 [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]! [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible].

[illegible] [illegible] 6.00 [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] 1 [illegible] 1.5 [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible].

[illegible] 6.30 [illegible] 7.30 [illegible] - [illegible].

[illegible] 5-10 [illegible]

[illegible] 7.30 [illegible] 8.00 [illegible].

[illegible]

[illegible] 8.00 [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible].

**[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] 9.00 [illegible] [illegible]/[illegible] [illegible] [illegible].

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[illegible]

[illegible] 1.00 [illegible] 2.00 [illegible] [illegible] [illegible].

[illegible]

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[illegible] 5.00 [illegible] [illegible] [illegible] [illegible].

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[illegible] [illegible] [illegible]: [illegible].[illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] 1 [illegible] 1.5 [illegible].[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] 1 [illegible] 1.5 [illegible].[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] (1) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. (2) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] 2-3 [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] 2 [illegible] [illegible] [illegible] [illegible]

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[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] 5 [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].

# 2. [illegible] [illegible] [illegible] [illegible]

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2. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible].

3. [illegible]. [illegible], [illegible], [illegible].

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5. [illegible]. [illegible].

6. [illegible] (soothens) [illegible]. [illegible].

7. [illegible]. [illegible].

8. [illegible]. [illegible].

9. [illegible]. [illegible]. [illegible]. [illegible]. [illegible],

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[illegible]

## 1. [illegible]

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## 2. [illegible]

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[illegible]

**[illegible] (Spinal bath)**

[illegible]

[illegible] 6 [illegible] 30 [illegible]

[illegible]

**[illegible] (Hot foot bath)**

[illegible]

[illegible] 3 [illegible] 2 [illegible]

15-20

**(Cold foot bath)**

15-20

**(Alternate hot & cold foot bath)**

(Moderate pain)

[illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible]: [illegible] [illegible] [illegible]. [illegible] [illegible] 3 [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] 1-2 [illegible] [illegible] [illegible] [illegible]. [illegible] 3 [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. 3 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] 2 [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] 3 [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] 4, 5 [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

2-3

**(steam bath)**

(Sweat glands)

2

1-2

5-10

[illegible]. [illegible].

**[illegible]:** [illegible]. [illegible].

**[illegible]:** [illegible]. [illegible]. [illegible]. [illegible]. [illegible]. [illegible], [illegible]. [illegible], [illegible]. [illegible], [illegible], [illegible], [illegible].

[illegible]

**[illegible] (Dry heat)**

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] **(Sweating pack)**

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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**[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible], 24 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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**(Chromotherapy):**

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